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THE ART OF  
HEALTHFUL LIVING

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U. G. FLETCHER

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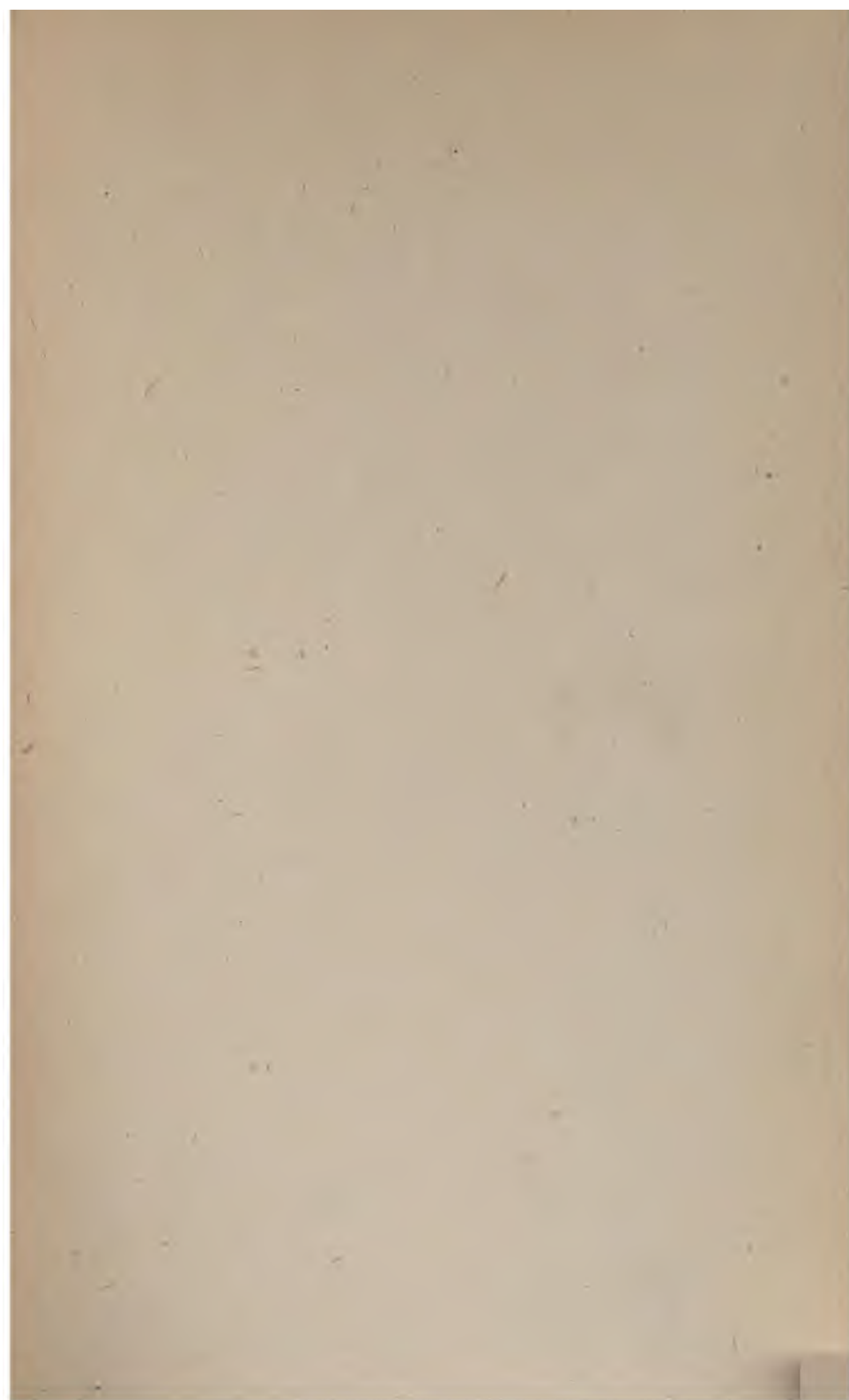


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# The Art of Healthful Living

Public Library

By U. G. FLETCHER

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## A Foreword

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Health,—Physical, Mental and Moral,—is by all odds the most vital concern of any individual,—or nation either, for that matter. With it, everything else necessary to Peace, Happiness, Contentment and a Successful Life can be secured. Without it none of these are assured.

A statement was current a few years ago that 60 per cent. of men and 85 per cent. of the women of the United States are below par in *Health, Strength, Endurance and Physical Efficiency in General*, and no less a personage than the late Ex-President Roosevelt was quoted in the Physical Culture Magazine in the Feb., 1918, issue as saying that 70 per cent. of the people of this country are physically deficient,—have something wrong with their bodies in some way or other. Just think of it! Seven out of every ten people with something wrong with their bodies in some way or other! Some are knocked out in one way and others in another.

Balky stomachs, shattered nerves, diseased lungs, weak hearts, flabby muscles, torpid livers, inactive intestines, poor circulation, lack of energy, life and endurance and many other physical disabilities and evidence of disease and weaknesses are noticeable on every hand.

For many years I have been fully convinced that these diseases and physical weaknesses so prevalent all about us, need not be,—that they could all or nearly all

be avoided or cured by simple, natural means, but that people will be afflicted with them just as long as they know so little about the requirements of Nature, know so little about the Natural Laws of Health which when known and complied with will make and keep everybody well.

With the hope that I may be instrumental in helping at least a few of the millions of people who need such information as this book contains, *The Art of Healthful Living* was prepared and is now sent forth on that mission.

Yours for Health and Efficiency,

U. G. FLETCHER.

Lithia Springs, Ill., March 10, 1919.

## CHAPTER I.

### Right Habits of Breathing

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THE FIRST ESSENTIAL OF PERFECT HEALTH IS  
A CONSTANT SUPPLY OF FRESH, PURE AIR,  
TOGETHER WITH RIGHT HABITS OF  
BREATHING.

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Read the foregoing sentence again and think about it till you get its full meaning. It would be well to commit it to memory, as it would be a constant reminder of the necessity of fresh, pure air and of breathing it in such a way as to get the greatest benefit from it.

Your very life from minute to minute, hour to hour and day to day depends directly upon your breathing. One may live several days without taking water or any other liquid into the system, and hundreds if not thousands of people in the last few years, have fasted or abstained from all foods of every kind for a considerable length of time and in most cases with no apparent injury, even often much benefit, but *no human being or animal could live more than a few minutes without breathing.* Since human life can not be sustained without breathing, you surely will agree with me that the kind of air we

breathe and the way we breathe it, must have a great influence on our health.

*The purpose of breathing* is to purify the blood and supply it with the life giving element, oxygen. About one-fifth of the air is composed of oxygen and four-fifths nitrogen. *Oxygen is the life giving element* in the air and without it no animal or human being can live only a very short period of time. When the air is taken into the lungs, one-fourth of the oxygen is absorbed into the blood that has been sent to them to be purified and oxygenized. While the oxygen is passing thru the delicate walls of the air cells of the lungs into the blood vessels and mingling with the blood, the impurities of the blood are passing thru the walls of the blood vessels into the air cells and mingling with the air. This change never ceases from birth to death and anything that interferes with it is a serious menace to health if not to life itself.

*There are many ways in which these vital processes that are continually occurring in the lungs may be hindered, but the most common is by breathing dead, stale or impure air.*

We are a nation of invalids, a nation of men, women and children far below par in Health, Strength, Endurance and Physical Efficiency in General. This is due largely to our spending so much time indoors and making little or no provision for the proper ventilation of the rooms we are confined in.

All rooms or buildings that are closed up tight are filled with stale or dead air, and altho it may not be impure to begin with, yet it is not so refreshing nor Life and Health sustaining as the moving outdoor air.

When you stay in a close room a few minutes, the air begins to become foul from your own breath which is carrying the impurities of the blood from the lungs with every exhalation. You can get an idea of how long



it would take you to pollute all the air in a close room by watching your exhalations outdoors on a cold morning.

*If several people are in a close room for only a little while, the air becomes impure and unfit to breathe and of course more and more so the longer they remain in it. It is slow but certain suicide to spend the biggest part of one's time for six months of the year or more in unventilated living rooms, offices or public buildings. Bad as this is during the day, it is not nearly so harmful as a closed bedroom at night. During the day one is apt to be in and out several times and in this way he or she gets considerable fresh air, but at night most people spend from seven to ten hours in the bedroom and if doors and windows are closed the air is soon polluted and becomes very foul and injurious from their breathing and it gets worse and worse as the night passes. When morning comes the stench from an unventilated bedroom will nearly knock a person down who pokes his head into it and who has been breathing pure air during the night. Just think of it! Breathing your own or someone else's breath over and over! It is not pleasant to consider this when one realizes that every breath from everybody's lungs has lost about one-fourth of its oxygen or life giving power and absorbed about an equal quantity of poisonous gas and impurity that is cast into the air with every exhalation. The immediate effect of breathing this impure—poisoned—unbalanced—death-dealing air is a lowering of the vitality and resisting power of the body and when these are reduced below normal, ailments in some form or other or even serious diseases are very apt to occur.*

You can determine the state of your vitality quite accurately by your feelings. When you are full of life, energy, push, vigor and vim, it is high, but when you are languid, lifeless, unambitious, and would rather sit or lie around than to do anything else,—your life forces and resisting powers are low and you are much more apt to



be attacked by any ailment or disease than when your vitality is kept up to normal.

*When one has a good pair of lungs which can readily be developed by proper breathing exercises that we shall give further on in this book, and a good digestion that is almost certain to accompany or follow right habits of eating, the vitality and resisting powers of the body are so strong that there is but little to fear from any common, contagious or chronic disease whatever.*

After having read this chapter so far, I believe your good common sense will tell you that the statements I have made are true, and that you will agree with me that the most important matter for one to consider who would preserve his Health or regain it if lost, is *Right Habits of Breathing, Which Means Establishing Correct Lung Action, As Nature Intended, and Supplying the Lungs With Air Fit to Breathe.*

Let me next call your attention to

### THE PROBLEM OF VENTILATION.

Let us begin with the home. You may think this matter of ventilation is not much of a problem and it is *not* in the warm or hot days of Spring and Summer, as everybody then, for the sake of *comfort* simply throws the doors and windows wide open and the indoor air is quite as sweet and pure as it is outdoors. But when the chilly days of Autumn come a great many people close every door and window and keep them closed as much of the time as possible till the warm days of Spring return. And not only are doors and windows closed, but I have been in many a home where even the keyholes were stopped up, so determined were the people who lived therein to keep every vestige of fresh air out. *No wonder the people who live or exist in homes as nearly hermetically sealed as they can possibly make them, are sick about half the time and half sick all the time. It could not be other-*

wise unless there was a special dispensation of Providence in their behalf and *I am not inclined to think that the Laws of Nature are ever made null and void to accommodate the transgressor of them, no matter how earnestly he or she may desire or plead for such a favor.* Man's safety lies in finding out what these Laws of Nature are as they apply to him and meeting their requirements as nearly as our modern *uncivilization* will permit.

We are so far off the right track these days that it is estimated that at least 70 per cent. of the people of the United States are below par in Health, Strength and Endurance and I'm afraid that as a nation we are getting worse rather than better in these respects. What's the matter? A good many things, but I doubt if anything else has done so much that has been so detrimental to our physical welfare as a nation, *as our indoor life and breathing the dead, stale, impure, rotten, disease-breeding, death-dealing, vitiated air that is encountered all too often in our homes, churches, schools, stores, offices, cars, theatres and picture shows.*

*A Hundred Years Ago*, when nearly everybody lived in log houses, often quite as open as rail pens, there was little need for any special means of ventilation, but now-a-days with our well-nigh air-proof homes it is very different. *We simply must ventilate or take the disastrous consequences of our folly.* But how shall this be done in the cold weather? The best way in the daytime, perhaps, is to keep a window lowered a few inches from the top on the opposite side of the room from which the wind is coming. This will insure a fairly good supply of air in the home during the cold winter days. Of course it will take a little more coal to keep up the proper temperature in ventilated rooms than will be required in rooms with doors and windows closed, *but coal bills are a good deal cheaper than doctors' and undertakers' bills.* If you would have the best of Health, you simply must have air fit to breathe both day and night, in the coldest as well as in

the warmest weather. It is well to remember that the cold air of winter is made impure by your breath just the same as the warm air of summer.

Another way to get a fair supply of fresh air into sitting rooms, dining rooms and kitchens on cold winter days without unpleasant drafts, is by raising the lower sash about four inches and putting a close fitting board from side to side under it. This leaves a space of an inch or more between the upper and lower window-panes where the fresh air can constantly enter and from which no unpleasant drafts will be noticed even when the wind is blowing hard against the windows so arranged. Two or more windows fixed in this way in each room gives fair ventilation for three or four people during the day when they are in and out several times, but it would not be sufficient at night; yet much better than no ventilation at all. This is an excellent way for those who have been sleeping in close rooms to begin ventilation in cool or cold weather. An open fireplace or grate is a splendid ventilator, and when there is a fire in it, the foul air is constantly being cast out thru the chimney.

With a window dropped two or three inches from the top or two or three with the three or four inch boards fitted closely under them, and an open fireplace with a constant fire, there need be no particular anxiety about the ventilation of living rooms during the day. If you have furnace, steam heat or stoves, more attention to the matter will be necessary to get proper ventilation in the home during the day than when there are open fireplaces or grates. A close room with a stove in it and that stove closed up tight to hold the heat is a very unhealthful place for anybody to spend an hour, and yet thousands and thousands of people all over this country are spending three or four hours or more per day in just such rooms. No wonder they get catarrh, throat and lung trouble of every kind, including tuberculosis, and that a large per-



centage of our adult population dies every year from the latter disease.

*Let me say right here, that of all the consumptives of this country, I seriously doubt if one could be found who was a Full, Deep, Natural Breather, and who Habitually Breathe pure air during the day and slept in a thoroughly ventilated room at night, previous to contracting the disease—unless it was due to Poor Nutrition.*

How necessary, then, that we cultivate deep, full breathing and avoid, so far as possible, the stale, impure, breath-poisoned air all too common in our homes, stores, offices, schools, churches and other public buildings. We shall deal with the nutrition problem in following chapters.

Next, let us consider the

### PROPER VENTILATION OF SLEEPING ROOMS.

From the standpoint of Health, there is nothing else that we can do that will have so much bearing on our physical welfare,—except supplying ourselves with good, wholesome food,—as the proper ventilation of our sleeping rooms twelve months in the year.

Did you ever consider that we spend about one-third of our lives in our bedrooms? These ought to be the airiest and most sanitary places about the house and those who have due regard for their Health will try to make them so.

Perhaps there are not many people now-a-days that know anything at all about the value of fresh, pure air and the preservation of their Health, who do not open a window or two or door a bit to let the fresh air into their sleeping rooms, but many of these do not get the full supply of pure air that everybody needs when sleeping. Bad

as impure or stale air is for us thru the day, it is much worse during the sleeping hours at night.

Let anyone sleep several nights in succession in a room with but little or no ventilation and then the same number of nights sleep in a well ventilated room and note the great difference in the feelings. How much more one is refreshed and how much better he or she feels in every way after the nights in a room well supplied with plenty of fresh, pure air. This experiment would probably cure nine people out of every ten of the very disastrous practice of breathing dead, stale or impure air while sleeping. The air in a sleeping room ought to be as fresh and pure as the outdoor air, but how shall we make it so? *By opening the windows wide*, unless the weather is very cold or stormy and then they will not need to be opened more than two or three inches to give good ventilation. By all means drop the bedroom windows from the top if possible, as you are not nearly so apt to feel a draft when the windows are opened in this way. Where there are roller blinds or curtains, you can prevent the rustling, rattling noises and unpleasant air currents near the floor by lowering the blind or curtain holder from four to six inches. This allows the air currents to pass over the top of curtain or blind and the draft is scarcely ever noticed by the occupants of the room.

These suggestions are intended more especially for those who have been sleeping in close rooms and who now see the necessity of proper ventilation. Others who have been in the habit of keeping their sleeping rooms open probably drop or raise their windows much more than is suggested here. *We throw our windows wide open, even in the coldest weather, unless it is stormy, and like to feel the cold, refreshing air blowing over our faces.*

People who sleep in open rooms as we do are practically speaking immune from colds, la grippe, catarrh, bronchitis, asthma, pneumonia and tuberculosis when the nat-

ural laws of health are complied with fairly well in other respects.

Of course, it takes more cover to keep folks warm and comfortable who sleep in very open rooms, but usually these can easily be secured.

If windows can not be opened from the top, then raise them from the bottom. Just set a chair or screen between the window and the bed and throw a quilt or something else over it to keep the draft from you if it is unpleasant.

*Many consumptives have been cured during the last few years by putting them outdoors or in tents to sleep, and others, observing the good (that comes to these unfortunate sufferers from this practice), have adopted it as a means of avoiding this scourge, or to benefit their health in some other respect, and as a rule they are very enthusiastic over the innovation. In every city and in almost every town and village in the country there are families who have outdoor sleeping porches. I heartily endorse them and am convinced that diseases, especially of the nose, throat and lungs, will decrease among all families in direct ratio to the increase of outdoor sleeping places.*

*The Human Race Thrives best in the Open, and the More We Shut Ourselves Up Day or Night in the Close Rooms of Modern Homes, the More Diseases We Are Subject to and the Worse They Go With Us. We Simply Must Have the Fresh, Pure Air Continually, or Be Forever Ailing or Far Below Normal in Health, Strength, Endurance and Physical Efficiency in General.*

So ventilate your living rooms and bed chambers and live a more healthy, happy, efficient and much longer life, or keep them closed, be forever ailing and die before you

have lived half the days that Nature allotted you. Its up to you.

Remember, a bedroom is not ventilated where a door only is opened into another close room.

In many offices and stores of this country there is no sign of ventilation, and were it not for the fact that the doors are opened frequently, where any considerable business is transacted, and the fresh air allowed to enter, they would become very unhealthy places indeed for the employees during several months of the year. Employers who have the welfare of their helpers at heart, surely will do their best to make their business houses and offices as sanitary as possible and this can never be done without proper ventilation.

*The Air That Children Are Compelled to Breathe for Several Months In the Year in Many of the School Rooms of This Country Is to Blame for Fully One-Half If Not Two-Thirds of the Diseases That Attack Them in the Cold Weather, Unless Their Sickness Is Due to Bad Air at Home.* We do not mean to ever allow our boys to attend a school where the ventilation is not carefully looked after, for we put their health above everything that they could learn in the stuffy, breath-poisoned air of any school room.

The Churches are not much better ventilated, as a rule, than the school rooms, and like the latter, are often regular hot-beds of disease. Surely you have noticed the great prevalence of colds, coughs, la grippe, and often pneumonia and other serious diseases that accompany or follow revivals. These are due principally to insufficient fresh, pure air where a great number of people are crowded together. In many localities of the South the custom is to hold the revivals in the Summer time, and from the standpoint of Health it would be a great improvement were this plan adopted in the North.



Bad as the air is in many churches and school rooms, yet we find it much worse in the average picture show. These places of entertainment and amusement are usually the most popular resorts in any town, where hundreds of people spend an hour or two almost every evening in the week. I frequently visit them myself in various places, but rarely ever enter one that is well ventilated.

*In View of the Fact That the State and Nation Is Aroused Over the Great Prevalence of the "Flu" and the Unparalleled Death Rate Due to This Terrible Scourge, the People Have a Right to Demand That All Public Buildings Should Be Put in the Most Sanitary Condition Possible and the Most Essential Things to Look After Are Proper Ventilation, Heat and Cleanliness.*

About a quarter of a century ago, I learned that I could counteract to a great extent the bad effects of the impure air that I had breathed in public buildings or private homes, by practicing deep, full breathing a few minutes after I got outdoors. I have made a regular habit of this ever since, and heartily commend it to you. Just take from ten to twenty deep, full breaths slowly and exhale after each as long and smoothly as possible. This is an excellent thing for people in general, who spend much time indoors, to do whenever they step outside.

Next let us consider further the very important matter of

## RIGHT HABITS OF BREATHING.

It has been stated by good authority that on an average men breathe about two-thirds the air they should and women only one-half as much as is needed to keep them in the very best physical condition. If this be true, and I am convinced that it is, how necessary that everybody learn to breathe as Nature intended and then practice enuf daily to keep the lungs active and healthy, for the *Very Best Health, Strength and Endurance Are Out of*



*the Question Unless the Lungs Are As Well Developed and As Active As Nature Intended Them To Be.* So learn to breathe full and deep continually, just as healthful children and all animals do. If you have lost the habit by wearing tight clothing about the waist and lower chest, or sitting with your back in the shape of a rainbow, you can acquire it again by loosening the clothing that hinders, sitting and standing as advised in the chapter on Right Habits of Exercise, and by practicing faithfully the Deep Breathing Exercises given further on. We practice the latter almost every day and urge you to do the same. If you do those exercises right, the time will surely be well spent.

You may ask what I mean by *Natural, Full, Deep Breathing* that is mentioned so often in this book, and that you are advised to make a habit of, so I will try to explain the matter to you and make it perfectly clear. By Natural Breathing is meant that which has not been interfered with, perverted or changed from infancy on. It is full, and deep and involves every part of the lungs in each inhalation and exhalation. All parts of the chest, but especially the lower ribs, are expanded when the breath is taken in and relaxed or contracted when it is expelled from the lungs.

By *Full, Deep Breathing* is meant the same as Natural Breathing, only more breath is *consciously* drawn into the lungs than would otherwise enter them, even tho the breathing be perfectly normal.

In Natural Breathing not only the lower ribs but the abdominal muscles are expanded with every inhalation and contracted with every exhalation. The diaphragm is also involved in these movements. *If you will watch the breathing of a horse, cow, cat, dog or healthy child who has never been cramped down over a desk at school nor bound up in tight clothing about the waist or lower chest until the breathing is perverted, you can get an exact idea*

of what is meant by perfectly Natural breathing and this you should imitate until it becomes a habit with you again, if you find on self examination that you are breathing in any other way.

It will take considerable time, practice and patience to re-establish natural breathing when lost, but it will be well worth all the effort it costs you many times over.

*It Is a Deplorable Fact That a Majority of Women, Even the More Intelligent and Better Educated Ones Who Ought to Know Better, Seem to Breathe Almost Entirely With the Upper Lobes of the Lungs.* If you are a close observer whether man or woman, you will agree with me in this statement. In natural breathing there is scarcely any action noticeable in the upper front chest, but with womankind, so far as one may determine by observation, this is the only part of the chest that seems to move at all in respiration.

This restricted, abnormal method of breathing is very injurious and one so handicapped can scarcely hope to enjoy the best of health or endurance until it is corrected, —*but as with nearly all unnatural and unhealthful habits it can be overcome.* Just loosen tight or restricting clothing about the waist and lower chest and then expand these parts of the body as much as possible while inhaling, in the breathing exercises of this book. Beginners will get satisfactory results quicker in re-establishing natural activity in these cramped, bound-up muscles by practicing deep, full, lower chest or abdominal breathing while lying down than when standing or sitting up.

Hosts of children get the habit of upper chest breathing as well as round shoulders, flat chests and craned necks from being allowed to sit in a cramped, drooped position over desks for several hours a day, year after year, at school. This is a very common habit in almost every school room I ever visited, and I am sure is the

cause of most of the ungainly figures that so many of the schoolboys and girls have developed.

*In the name of common sense and justice to our boys and girls, why don't we give the necessary time and attention to their Physical Training, while in our public schools, that is absolutely necessary to insure their very best physical welfare in future life?*

It has been estimated that of the twenty millions of children and young people in the public schools of this country, *Fifteen Millions of Them Have Something Wrong With Their Bodies.* PARENTS and TEACHERS, what do you think of that? Of all the children that look to you for their present guidance and future welfare, three-fourths of them are said to be growing up with something wrong with their bodies in some respect or other. Just think of it! Do you suppose that the seventy-five per cent. of our boys and girls who are growing up *Physically Deficient* can do as good work in school or will have an equal chance for success after school days are over as the normal, healthy ones? And don't you think something should be done, and done speedily before more irreparable harm results, to insure the proper *Physical as Well as Mental Training* of the boys and girls while in our public schools? *I certainly do, and I don't believe that anything else could be taught them in the same length of time necessary for Proper Physical Training that would do them as much Permanent Good or be of greater satisfaction to them in future life.*

From my many years' experience in teaching hundreds of children Physical Training, I am convinced from results accomplished that a very large percentage of all the frail, weak, puny, unhealthy, round-shouldered, flat-chester, craned-necked, knock-kneed, pigeon-toed, flat-footed, stiff, awkward and ungainly boys and girls that can be found in almost every school in the land, can be

*restored to a Normal, Healthy, Physical Condition by the Right Kind of Systematic Training, and That No School Which Neglects This Kind of Training Is Doing Its Full Duty to the Pupils Who Attend It.*

## CHAPTER II.

### Right Habits of Eating---When to Eat

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THE SECOND ESSENTIAL OF PERFECT HEALTH  
IS RIGHT HABITS OF EATING.

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In the foregoing Chapter I have tried to make clear to you the absolute necessity of a constant supply of fresh, pure air both day and night, from the beginning to the end of the year, and also the importance of practicing Deep, Full Breathing *daily* if you wish to enjoy the *Very Best of Health* all thru life down to a ripe old age. **Surely** you will not neglect these important suggestions.

*My Purpose in This and the Three Following Chapters* is to give you the information and practical suggestions that will enable you to correct any mistakes that you may be making in your Eating Habits, and in this way help you to acquire or retain a good digestion which is the next step on the Highway that leads to Perfect Health.

If these suggestions are heeded and you make a regular habit of eating according to rules herein given, the chances are ten to one that you will never have any trouble with your stomach, if it is in a normal, healthful condition now, but if it is not performing its functions properly, it will only be a short time till an improvement will be noticed and by and by the whole digestive system will



be working properly and give no more trouble so long as the teachings of this and other chapters of this book are faithfully observed.

*Just Here I Wish to State That I'm No Food Crank and have no cranky notions to spring on you. The information I offer for your consideration and benefit in this book is the best and most helpful that I have been able to find and prove to be true in more than thirty years' study of the food problem and other matters that pertain to the Health of the body.*

Some of our most noted food specialists, men who have made a long and careful study of the various articles of diet in common use, and their effects on the body, tell us that from *seventy-five to ninety per cent. of all the diseases that afflict us comes from a wrong selection, a wrong combination or a wrong proportion of our daily foods and the manner in which we eat them.* I think they have their per cent. a way yonder too high, but do not doubt that much of the disease and weakness of the human race is caused by errors in eating.

I wish to call your attention to the following subjects:

WHEN TO EAT, WHAT TO EAT and HOW TO EAT

There are just three things to consider in the remainder of these chapters on eating which are given above in their proper order.

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### WHEN TO EAT.

*Don't Smile!* You probably think you know when you should eat, but the chances are you don't. If you are in the habit of eating three or more times a day, regardless of whether you have a natural desire and healthful relish for your food or not, you have something to learn about eating that may surprise you.

*You Should Never Eat Except When You Have a Good Relish for Food.* If this relish is present with each of your three meals a day, why, of course, you should continue to eat them, but when meal-time comes, if you have no desire for nourishment, you had better miss that meal or eat but very little of one or two things and wait till the thought or sight of food makes your mouth water. You will probably not have to wait longer than the next meal unless you are threatened with sickness or already have some disease or other. In the latter case, Nature may take away all desire for food for days at a time while the disease is being overcome, and *It Is the Height of Folly to Force Nourishment into the Stomach in Any Considerable Quantity When There Is No Natural Appetite Nor Relish for It.* Foods eaten under these conditions, that is, when not wanted, are not digested or but poorly digested, and must be gotten rid of at the expense of the vital powers of the body.

*I Have No Doubt But That Numberless Deaths Have Been Caused by Urging, Yea, Even Compelling, Sick Folks to Eat When Nature Protested Against It.*

*NO, You Need Not Be Afraid, You Will Not Starve to Death From Missing a Meal or Two, or Even a Half Dozen or More Now and Then, if You Have No Longing for Food or Desire to Eat. Nature Almost Invariably Takes Away All Desire for Food When We Are Attacked by or Even Threatened With Any Serious Disease and It's by Far the Safest, Sanest and Surest Way in the World to Make a Quick Recovery to Just Wait Patiently and Confidently Till Natural Hunger Comes Before Eating. This Hunger Will Come When the Disease Is Conquered or Overcome.*

#### SOME PEOPLE ALWAYS HUNGRY.

For about twenty years I have been a teacher of Physical Training and lecturer on Health Culture topics, and have had a great many pupils and others tell me that



they were *always* hungry. When I inquired of them, as I often did, where the sensation of hunger was located, of course they said in the stomach, just where I used to think it was, and where I think you would locate it. But that is a mistake. I had learned better and said to them and now say to you that *Perfectly Natural Hunger is not that unpleasant, rawing, caved-in, all-gone sensation in the stomach that prompts most people to eat, and sometimes gluttonously, three or more times a day to allay these distressing feelings. Often no quantity of food that may be crowded into the stomach will give relief from this false, unnatural appetite. Have you not heard people say: "I am always hungry and can never eat enuf at once to satisfy me?" Those people have an unnatural, acquired appetite just about as different from natural hunger as night is from day. That is the extreme condition to which habitual and long-continued wrong eating leads. With them the "bottomless pit" is the pit of the stomach. Of course you have not gotten that far yet, but if you mistake the unpleasant sensations referred to above for Nature's demand for nourishment, you are on the way all right.*

You may ask: "If natural hunger is not in the stomach, and if the unpleasant feelings I have there are not Nature's call for nourishment and do not necessarily mean that I actually need food, where is it and how may I know when it is present?" I will answer:

*Natural Hunger Is in the Throat and Mouth. Just Where Thirst Is, and When It Is Present There Are No More Unpleasant Feelings in the Stomach Than There Are in the Big Toes.* That is not a very good comparison unless your toes are in a perfect condition. If you have been guilty of "dietetic unrighteousness" for a long time you may possibly have symptoms of the gout and this is apt to make the big toes quite painful at times.

*When Natural Hunger Is Present* the very thought of food makes the mouth water and you have the feeling that



even the plainest and simplest articles of diet would taste delicious and they certainly do when *God-Given Hunger*, instead of *Unnatural Appetite* developed by wrong habits of eating, calls to the feast.

*Natural Hunger* is not an unpleasant nor annoying sensation, as *Unnatural Appetite* certainly is, but may be present several hours and cause but little or no inconvenience.

*Natural Hunger* prompts one to eat when the body needs nourishment and when the stomach is ready to digest it, and usually calls for the food that is needed from meal to meal or day to day, and when carefully heeded never leads one to eat to excess.

*Unnatural Hunger or False Appetite* calls for food and drink to allay the unpleasant sensations in the stomach, and gives no peace till gratified regardless of whether one actually needs nourishment or not. One who has it well developed is apt to become quite irritable, cross and disagreeable if meals happen to be delayed an hour or two.

*This Unnatural Appetite Is Not a Safe Guide in Eating, As Is Natural Hunger*, and leads to all kinds of excesses and errors in diet that are undoubtedly the cause of many if not most of the diseases that afflict and destroy the American people.

If the reader by wrong habits of eating has smothered his or her natural desires for food and has developed instead the unnatural appetite referred to in the foregoing paragraphs *as the writer once had done*, he or she will find the following suggestions all that is necessary, in a majority of cases, to overcome False Appetite and re-establish Natural Hunger.

#### HOW TO RE-ESTABLISH NATURAL HUNGER.

*Begin At Your Next Meal.* Look about over the table and see if the plain, simple foods thereon, such as bread

and butter, potatoes, vegetables, etc., appeal to you. If so, go ahead, and eat. You likely need food and are not apt to have any trouble in digesting it, if you select good combinations and take time to masticate properly, as advised further on in this book.

If you find that you have no desire for this kind of food, eat nothing or but very little of one or two things at that meal and wait till the next if you wish to regain or retain Natural Hunger, and surely you do.

*The Time to Eat, Then, Is When Nature Urges You to Do So*, or when you can eat plain, simple food with a good, keen relish. I do not mean that you should never eat anything else, only plain, simple foods, but that you can easily determine whether you are actually hungry or not by trying your appetite out on this kind of diet.

Natural Hunger is so thoroly satisfied with simple, nourishing, wholesome food, however, that one who has it is not much inclined to eat anything else.

## CHAPTER III.

### Right Habits of Eating Continued

#### What to Eat

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Now that we know when to eat,—only when actually hungry,—the next matter to consider is *What to Eat*, and here my trouble begins and yours, too, if you are at all at sea on the food question and are seeking a satisfactory way out. But there is a way out even if some folks do thrive on foods that would not at all agree with others or might even poison or kill them.

Let me say to begin with, that it is not my purpose to lay out a lot of menus for your guidance because it is out of the question to prescribe a diet that would be suitable for everybody regardless of the state of health, temperament, age, habits, etc.

What I shall give you will be much more valuable information, however, than that alluded to in the last paragraph, as it will enable you to select from meal to meal and day to day wholesome, nourishing foods that you will relish and that will fully supply your body with all the building or repairing materials necessary.

It is just as foolish to except pure, rich blood, the kind necessary to make a strong, healthy body, from a poor quality of food, air and water, as it is to expect a

fine yield of vegetables or flowers, grains or grasses from a garden or field where the soil is poor or from which the rain and sunshine are withheld. *It simply can't be done as it is contrary to Nature's Laws that never change.*

That family is certainly unfortunate where the mother or cook knows but little or nothing of the nourishing properties or right combinations of foods. It is in the families of this kind and where proper ventilation is neglected that diseases of every variety are the oftenest found and where the undertaker is a frequent visitor.

I wonder if we shall not some day get far enough along in true civilization and enlightenment, and in our efforts at *Race Improvement*, to require prospective wives or home makers to pass satisfactory examinations on Domestic Science, with special emphasis on The Relative Value of Foods, Their Proper Combinations and Preparations For Daily Use? *Such Information In Every Home Together With a Knowledge of The Other Simple, Natural Laws of Health* would, practically speaking, free the nation from diseases of every kind and character in one or two generations, and make a sick man or woman a curiosity. There is much to be learned and much work to be done before we get to that high plane of living, however, but there are a lot of earnest workers in the field and many more coming in as recruits every day, so that it is not nearly so lonesome for me now as it was some thirty years ago when I set out to learn The Art of Healthful Living. If I had not succeeded I certainly would not be trying to teach you this Art.

But back to the food question! I am hungry, and have been for nearly two hours, but my stomach is as quiet as a lamb and as devoid of sensation as my right ear, of which I am totally unconscious, *but my mouth is watering* and I feel that most any kind of plain, wholesome food would taste good and satisfy me. It is now



2 p. m. and about one hour and thirty minutes after our usual dinner or lunch time. Yes, I *am* hungry but have no unpleasant sensations with this longing for food and could easily continue my writing till night or bedtime with but little discomfort, but have been at it now five hours and think it best to let up awhile. After lunch I will get at it again and give you some very valuable and interesting information on many foods from which to choose a diet best adapted to your wants that will help you attain *The Best of Health, Strength and Endurance*.

My good wife informs me that we are to have vegetable soup and corn bread for dinner, and I am sure that will completely satisfy my longing for nourishment.

We all enjoyed that simple, wholesome lunch and felt fine after eating it. I hope yours agreed as well with you. We are not in the habit of eating irregularly, but have no attacks of indigestion from doing so now and then. When natural hunger is once well established it usually calls for food at regular intervals, but it can be satisfied whenever present without upsetting the digestion.

Of course, well regulated families have regular meal hours, and this I recommend.

No doubt you are getting anxious for the information I promised you on foods, and I shall now proceed to give it.

*All the Food Elements Necessary for the Perfect Nourishment of the Human Body Are Found in Abundance in Grains, Vegetables, Fruits, Nuts, Milk, Butter, Cheese, Eggs, Fats and Sugar.* I do not mean that you would find complete nourishment in any one of these groups of foods, with two or three exceptions, but that by proper combinations from two or more of them you could secure all the nutrition that you actually need.

*I shall begin with the grains, and put wheat at the head of the list, as it is by far the most important of the cereal foods used by the American people. It has so many nourishing elements in it that some dieticians claim that man could live on this grain alone, when properly prepared, for a considerable length of time without running any risk of impoverishing his blood and thus injuring his Health. Others dispute this, but all are agreed, I believe, that wheat is the best of all grains and furnishes us with our most important single article of diet—bread.*

*It's an Old Saying That "Bread Is the Staff of Life," but someone has said that a poor article of bread is no staff at all and those who are habitually using it are leaning on a broken stick, or words to that effect.*

*Now, Let Us Consider Wheat Bread.*

Many men and women well posted on the food question advise us to eat whole wheat, brown or Graham bread only, and insist that we discard white bread and all white flour products from our diet. They claim that whole wheat is a perfect or very nearly perfect food and that man makes a very great mistake in his diet when he discards any part of the grain or even the bran, as you know is done in our modern milling processes.

They further insist that if whole wheat bread and other things made from whole wheat flour, were regularly eaten by the people in general that they would be so well nourished and satisfied that *meat eating* would be greatly reduced. Another claim they make is that common white bread and other articles of food made from white flour are largely to blame for the very great prevalence of stomach and intestinal trouble in this country today and that people who regularly use the whole wheat bread are much less afflicted in this way. On the other hand, the advocates of the common white bread and other articles of diet made from fine white flour, tell us that whole wheat, brown or Graham bread and other foods made from whole

wheat flour are *too coarse* and are more or less irritating to the stomachs and intestines of a great many people and while admitting that they contain more nourishment than white flour foods do, insist that this nourishment is hard to digest and when needed can be secured from other articles of diet that are more easily dissolved in the digestive organs, such as milk, meat, eggs, cheese, etc.

*Another Very Important Point They Make Is That the Majority of People Like White Bread Better Than They Like Brown Bread, and that we should eat what we like best, if we can get it. With due qualifications, I agree with them on this point.* Each side brings forth various other arguments to prove that it is right and the other wrong, but I have stated their main points of difference here and will let you decide for yourself which seems nearest right, and then you can be governed accordingly.

*Personally I am with the whole wheaters and have been for more than a quarter of a century.* In all that time I have made a regular habit of eating the whole wheat bread when I could get it, instead of the white, but would have no fears that my health would suffer from eating the latter only, provided I could get beans, peas, eggs, meat, rich milk, or cheese to supply the elements found in whole wheat flour, but which have been separated from the white in our common milling processes.

Before leaving the bread question, I wish to call your attention to a few other facts that you may not be familiar with.

*Diicians tell us that much of the indigestion that is so prevalent in this country is due to the fresh, soggy bread that so many people are in the habit of eating.*

When bread is from 24 to 48 hours old, it is just becoming fit to eat, yet there is so little demand for it when it has been baked that long that bakers consider it stale and sell it at about half price. There ought to be such



a demand for this so-called "stale" bread that customers would keep standing orders for it at regular prices. We never buy the fresh when we can get the bread that is two or three days old. Any kind of bread toasted until it is dry and crisp is much more easily digested than when not so prepared. Many people have found relief from indigestion by eating no other kind of bread than that well toasted.

There does not seem to be the same objection to hot biscuit as there is to fresh light bread and many people who have weak digestion can eat the former without trouble while the latter distresses them.

Easily digested, palatable, nourishing biscuits can be made from whole wheat or Graham flour and are prepared in the same way as when made from white flour. Don't be afraid of them. Eat them as hot as you like and if you take time to chew them they will agree with you.

If you can not secure whole wheat or Graham flour, get a box of prepared bran at your grocer's and mix a small quantity of that with the white flour and the mixture is about the same as Graham flour and makes excellent gems, biscuits and other bread.

*Note the inconsistency!* The millers all swear by their fine, white flour, but a lot of them are preparing the bran taken from the wheat, boxing it up and selling it back to the public at top notch prices and advising us to mix it with the flour used in bread making. They also tell us on the boxes containing the bran various other ways in which it (the bran) may be used to advantage, and I agree with them in their recommendation of it, but would it not be better in making flour to grind the bran in with it than to separate it from the flour and then advise us to put it back again?

You can cook this bran separately and eat it with milk and sugar, if you like. It has a laxative effect on



inactive intestines when so used, or you can eat it raw like a horse if you prefer, as many people do, but I could never go it that way.

*The Best and Cheapest Breakfast Food:*

Most any farmer or grocer can furnish you with a half peck or peck of nice, clean wheat. Take a small quantity of this, say a pint, soak it over night and boil it the next day till the grains or berries burst open. It is done when the grains swell and burst. Salt to taste while cooking. Serve with a bit of butter, cream or milk and sugar. Here is the best breakfast food that can be made from wheat at about one-fourth to one-fifth of what any on the market costs, and in my opinion is in many respects superior to most of them. I consider it a perfect food for men, women and children,—especially for children, when served with milk, butter and sugar. In the winter it can be prepared in sufficient quantity at one cooking to last several days. *Nearly all the breakfast foods on the market can be recommended, but I regard this one that you can prepare at home the best of all.* If school boys and girls ate it regularly of mornings, especially during the winter, there would be fewer of them pale, anemic and lifeless by springtime, unless this condition is due to poor ventilation of home or school.

*Corn, Rye, Oats, Barley, Buckwheat and Rice Are All Valuable Foodstuffs, But None Quite So Good as Wheat.*

*Corn Bread* has been mainly the “staff of life” to the hardy people of the hills and mountains of the South and Southeast for several generations. It has much better sustaining qualities than common white bread.

*Corn Meal Mush*, with plenty of milk, butter and sugar makes a supper good enuf for any lord or king. No bad dreams nor tired out feelings the next morning follows a supper like that, unless due to lack of ventilation.

*Rye* makes excellent bread and cakes, and like corn has better sustaining qualities for hard physical workers than wheat after the modern miller makes fine white flour of it. Cultivate a relish for it by eating it when real hungry.

*Oats* supply hundreds of thousands if not millions of people of this country with their staple breakfast food and were it not that they are often served in a mushy, half-cooked condition they could be highly recommended. When properly cooked, which requires at least one hour—better, two—they form a very nutritious and wholesome food. They could be cooked the day before using or several days in winter and reheated before breakfast. Like wheat or any other grain used as a breakfast food they should be served with milk, butter and sugar. Children thrive on them and they are a very strengthening and sustaining food for adults. The Scotch people, noted for their excellent health, strength and endurance are great consumers of oats.

*Barley* is used extensively in making rich, wholesome soups which are highly recommended for both adults and children. *Buckwheat* makes excellent cakes for cold weather, and if the digestive organs are in good condition will be found a healthful food. *Rice* is the staple among the grains used in China and Japan and is consumed in large quantities in the United States and many other countries. It is not so nourishing nor well balanced a grain as wheat, corn or rye but when eaten with milk and butter or eggs is a valuable, easily digested food that can be recommended to dyspeptics and others with impaired digestion. It is all right for well folks, too.

Here ends our consideration of the grains. They are all valuable foods when used properly.

*Nearly All the Common Garden Vegetables When Properly Prepared Form Valuable Additions to Our Diet.* Several of them do not require cooking. Many of them

have but little nourishment such as onions, lettuce, radishes, etc., yet are necessary to furnish the proper bulk to a meal without overloading the stomach with nutrition. They are valuable aids in keeping the intestinal tract active and preventing constipation and for these reasons should be eaten in season by everybody, except children under three years of age. Cultivate a taste for several of them, but only eat two or three at a meal. Many of them, such as onions, turnips and cabbage, keep well thru the winter and should form a part of the daily diet of the people in general. More green vegetables and less meat would improve the Health of many people greatly.

*Green or Dried Beans and Peas* are very nourishing, articles of diet, and when eaten with either bread or potatoes and butter supply the body with all the nutrition it needs for ordinary daily work.

Onions, radishes, lettuce, turnips, cabbage, tomatoes and other watery vegetables all go well with beans and peas, but only two or three of them should be eaten at a single meal.

*Such Fruits as apples, peaches, pears, grapes, cherries and berries of various kinds* are quite valuable for the cleansing properties of their juices, and grapes, cherries and blackberries for the iron that they contain, which is needed by the blood. They are all wholesome when ripe, but are better eaten alone than at meal-time, as their acids hinder the digestion of starches, milk, etc., and often cause stomach trouble.

*Nuts, such as black and English walnuts, hickory nuts, chestnuts, hazelnuts, pecans, almonds, etc.,* form valuable additions to the dietary of man, and were it not for their prohibitory prices would be eaten in much larger quantities than at present.

Some writers on the food question tell us that fruits and nuts are man's natural foods and that he could live

and thrive on them alone without cooking or preparing in any way before eating. They further tell us that he never will fully recover his lost Health, Strength and Endurance till he gets back to his original diet. Maybe this is so, but I'm inclined to think that all or nearly all the foods in common use when properly prepared and eaten in the right way under right conditions are wholesome for mankind, but I have no doubt, however, that we could learn to live, and live well, on fruits and nuts alone, as they certainly contain in abundance and in an easily digested form all the elements of nutrition that the body needs.

*Milk, Butter, Cheese, Eggs and Sugar* are so extensively used and their valuable, healthful properties so well known that it seems almost needless to discuss them here.

*Milk* is very essential in the diet of children under 12 years of age, while their digestive organs are acquiring the strength necessary in dissolving the more common articles of food. It can be highly recommended to adults as well provided it agrees with them, and if it is not used with acid fruits of any kind, meat or raw vegetables. With these it makes a bad combination and is very apt to cause more or less trouble. Milk in small quantities has a tendency to cause constipation but two or three glasses at a time has an opposite effect. A pint or more of hot milk just before going to bed is excellent to help thin, skinny people put on flesh. Many people who have reached the extreme age of 90 to 100 years have used milk in large quantities all their lives. It's too bad that present prices make it almost prohibitive for those who have it to buy, these days.

*Butter* is one of the staple articles of diet that nearly everybody likes and all need in their bill of fare, unless an abundance of fat and heat producing elements are present in other foods consumed.



Butter combines well with almost any other foods except meat, and with this it is not necessary, as meat usually contains all the oil or fat that the body needs at any meal when it is eaten, and it and butter together give too much of this food element. One craves butter and fats in cool or cold weather, as they produce heat to keep the body warm, but if eaten except in the smallest quantities on hot, summer days, butter, fat meat and all oily, greasy and rich foods create abnormal heat in the body and render a hot day almost unbearable.

*Cheese*, when fresh, is a wholesome food and contrary to popular belief is easily digested, except by delicate stomachs, when very thoroly masticated and eaten with bulky but innutritious foods, such as cabbage, onions, lettuce, radishes, green beans, stewed fruits, etc. It is so rich in nutrition that it is not well to eat it with meat or eggs. With cheese, good bread, two or three vegetables and a bit of mild fruit you would have an excellent meal. It is a good substitute for meat and generally considerably cheaper.

*Eggs* are such an excellent food for people of all ages, in all climates and all seasons of the year that it would be hard to praise them too highly. When you can get eggs or cheese as a substitute for meat, you need never worry whether you have the latter or not. Eggs, like milk and butter, at present are so high that no doubt thousands and thousands of families are cutting down on them and many of these families are cutting down their Health, Strength and Endurance as well. *People Must Be Well Fed to Be Healthy and Efficient*, and laws should be speedily passed and *enforced*, making it impossible for a lot of profiteers and food gamblers to put our very best staple foods, except in limited quantities, beyond the reach of the common people. Every family needs plenty of milk, butter, eggs, cheese, meat, bread, vegetables, fruits, etc., but where is the family with a small income that can



afford all of these necessary articles of diet in abundance these days?

*Sugar* is a necessity in the diet of all people, but especially among children. We did not realize how much we used of it nor how poorly we could get on with but a limited supply till put on an allowance during the last year of the World War. Most everyone likes sweets in some form or other and if they are not supplied at meals there is apt to be a craving for candies, etc., to supply them.

Children as well as adults who consume sugar enuf and other sweets at meal time, but rarely if ever have a craving for candy between meals. I have nothing to say against candy when pure, but it is much better to eat it at meal time, as it takes away the appetite for more substantial foods when eaten between meals. Multitudes of school children are allowed to buy any and all kinds of candy and eat it on the street, at school, home and everywhere. This is a daily occurrence with thousands and thousands of them and is undoubtedly very harmful and a fruitful source of disease among the young. Parents should allow their children plenty of sugar and sweets at meal time (after the plain, hearty foods, of course) and then there will be but little tendency to eat candy at any and all times, especially if the children are told of the harm that comes from filling an empty stomach with it. Lots of grown-ups are just as guilty as the children of this hurtful habit.

*Meats Are Not Absolutely Essential in the Diet of the Human Race*, but a big majority of the people of this and most other countries think they are and are governed accordingly.

In the various foods mentioned in the preceding pages of this chapter, full and complete nourishment for all humanity from the cradle to the grave may be found

in abundance, but no doubt it will be quite a while before people in general can be converted to this idea and so I shall not advise them to give up meat eating at present. I don't think it would be wise to do so until they are gradually and slowly educated up to it, *yet I'm of the opinion that the time will come when the Human Race will look back on its meat eating days with a horror akin to that which a converted cannibal must experience when he thinks of the time that he had Missionary on Toast*, but that time is far off and I don't think any of the present generation will live to see it. So let us briefly consider meats and then our treatise on the various foods will end.

*Let me say again that meat is not necessary, as thousands of people have proved, and are proving today, provided other articles of food that are rich in the same kinds of nourishment are used instead.* You should remember that the best substitutes for meats are rich milk, cheese, eggs, beans, peas, whole wheat bread, and nuts. When I can get any one or two of these foods instead, I rarely ever care for meat, and for five years in succession I abstained from it entirely, with but very little if any real desire for it.

Some investigators have concluded that a large percentage of our diseases, generally those of a chronic character, are due to meat eating, especially when it is used regularly and in large quantities.

*Meat, Fish or Game of Some Kind* are looked upon by most people as an absolute necessity in their daily diet, and so firm are they in this conviction that the food reformer encounters great difficulties if he or she tries to persuade them to abstain entirely from them. I have long ago quit trying to do this for two reasons, one is that I eat meat every few days, or weeks, myself, and sometimes several days in succession, and the other reason is that I am convinced that people in general, especially those who take exercise enuf of the right kind, may maintain health

and be regular, but not excessive, meat eaters. *I insist, however, that we can get along splendidly without it, and I believe we might gradually discontinue it altogether in time, when we know enuf about proper substitutes and how to prepare them, without detriment but with great gain in Health, Strength and Physical Well-being in General.*

*Beef* is the best and least objectionable meat in general use for both adults and children. Some writers on foods tell us that steak is more easily digested and more nourishing when cooked rare than when well done, but I doubt this. I think all meats should be thoroughly cooked as this destroys the harmful elements found in them. People who eat rare meats of any kind or meats that have the slightest unpleasant taste or odor, or that have been cooked long enuf to be getting stale, run great risks of getting ptomaine poison.

*Pork* is a much more objectionable meat than beef because hogs are not nearly such healthy animals as a rule, as cattle, and undoubtedly are often slaughtered and used as human food when *only fit for buzzards*. No doubt those were the reasons that the flesh of swine was forbidden as food to the ancient Israelites. It is said that not a case of *tuberculosis* has ever been known among the Jews that strictly observed the Mosaic Law concerning clean and unclean animals and abstained from the use of the latter as food, of which the swine is chief.

*The Hog Has Not Reformed Much in His Nasty Habits From the Days of Moses Down to the Present Time and Is by Far the Filthiest of Our Domestic Animals.* *Pork* compared to beef is not nearly so clean nor wholesome an article of food. The harmful elements of any kind of meat is found mainly if not entirely in the lean, so the same objections could not be made to the fat or well cured bacon that might be made against the lean meat of the hog.



*People Who Consume Large Quantities of Pork, or Any Other Kind of Meat* for that matter, are very apt to get rheumatism, kidney and liver trouble and other annoying and often serious diseases. The only person that can safely eat pork or any other meat regularly in large quantities is the man or woman who does hard, outdoor work and sooner or later these people are unable to entirely eliminate the uric acids and other poisons that are found in greater or less quantities in all lean meats, and are undoubtedly the cause of many of the diseases that regular and heavy meat eaters are subject to. The proof of this is that light meat eaters or those that abstain from it entirely are but rarely sick or ailing with any chronic disease whatever.

*Mutton*, next to beef, is our cleanest and perhaps most wholesome meat except that derived from game that lives on vegetation.

*Poultry* furnishes us with much food that is a good substitute for the heavier, coarser meats just mentioned and is much better adapted for indoor or light workers than either beef, pork or mutton, when used in moderation and not too frequently. None of our domestic fowls however, are much cleaner than pigs in their eating habits and for this reason the same objection might be made to them as food for man. But not many of us are apt to stop to consider what the fowl ate when a savory dish of fried chicken or Thanksgiving turkey is set before us.

*The Wild Animals That Live on Vegetation, Such As Rabbits, Squirrels, Deer, Etc.*, furnish perhaps the cleanest and most wholesome of all flesh foods for mankind, but the onward march of civilization and the rapid clearing up of the timber lands have rendered all these creatures, excepting rabbits, almost too rare to consider them as a source of human food.

*Fish For Thousands of Years* have been used by the human race for food and will likely continue to be so

used for a long time to come, regardless of the fact that they are known to be the scavengers of the water and eat any and all kinds of filth that finds its way into streams, lakes and seas.

Now that we have considered almost all the common foodstuffs or the materials of which our daily diet is composed, *I shall next call your attention to the proper manner of eating, and how to select from the wide range of foods available the ones best adapted to your individual wants. No dietician can make up a bill of fare suitable to everybody, regardless of age, health, temperament, occupation, climate, season of the year, etc., but if you will follow the directions of these chapters on eating you will in time be able to do this satisfactorily for yourself.*



## CHAPTER IV.

### Right Habits of Eating Continued

#### How to Eat

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Here the reader will likely smile again, for where can you find a man, woman, or child old enuf to read, who does not believe that he or she knows how to eat, but it is very safe to assume that from fifty to seventy-five per cent. of the people of this country either do not know how or do not habitually practice eating in the most natural, scientific and healthful way, just as it is safe to state that that percentage of people are in need of instructions on the proper methods of exercising, breathing, sleeping, thinking, etc.

It is said that foreigners make a great deal of fun of our American eating habits, and no wonder. Have you not observed at hotels and restaurants with what rapidity most men eat their meals? To watch them, if it were not known that it is the general custom, one might conclude that a wager was up for the one who could dispatch his food the quickest. This habit is not quite so noticeable as it used to be, perhaps, for a lot of people are learning better than to cram food into their stomachs as they would feed a furnace or as a man packs his trunk or suitcase when in a great hurry.

*Indigestion In Every Form, which nowadays is generally called stomach trouble, is due almost entirely to wrong habits of eating, which means eating at the wrong time, eating unwholesome or wrong combinations of food or eating in the wrong way.*

In the preceding chapters we have told you when to eat and have given you a long list of wholesome foods to select from, and now let us consider the matter of *How to Eat*.

If your teeth are not in a good condition, go to the dentist at once and have them repaired, for your Health and Physical Efficiency in general depends largely on your ability to properly masticate your food, and you can't do this satisfactorily with poor teeth. So hike to the dentist and have them mended quick if you would have a well stomach and good digestion, which next to a perfect pair of lungs has more to do with your health than anything else.

*You No Doubt Have Already Guessed What I'm Going to Advise You To Do—That Is, Chew Your Food Perfectly.*

That is exactly it, and I hope you will begin at your next meal and stick to it the rest of your life, which will more likely than not, be lengthened anywhere from ten to twenty-five years longer than you would live if you are in the habit of bolting your food and should continue to do so. Then if you are not in excellent Health, especially if your stomach has gone on a strike and refuses to do its duty properly, it will not be many days until you will have a better digestion and as a consequence feel better in every way.

*These are pretty broad claims, but I mean precisely what I have stated and science, sense, and the experience of thousands of people all bear me out in those assertions.*

**Yes! Chew or Masticate Your Food Thoroughly if you want a good digestion or if you now have it and wish to keep it all the days of your life. Your stomach, like any other organ of your body, will not go back on you unless you abuse it.**

*To masticate your food thoroughly does not necessarily mean that you must eat slowly and spend a longer period at meals than you have been accustomed to do, but that you chew whatever you eat until it is reduced to soft pulp or semi-liquid, with no chunks or hard lumps left in it before swallowing. It does not matter much how rapidly you work your jaws to do this, but the all-important thing is to do it every meal you eat.*

### A NATION OF DYSPEPTICS !

That is what Dr. Dio Lewis of Boston, who wrote several excellent works on Health in the latter part of the last century, called us, and he further stated that if he were to run for President of the United States and could only get the dyspeptic vote of the country, he would go into office by the biggest majority of any man that ever occupied the presidential chair.

Dr. Tanner, who achieved much notoriety some years ago by abstaining from all food for forty days and drinking nothing but water said: "The American people are digging their graves with their teeth." I would modify that statement and say that the American people, by neglecting to use their teeth properly as Nature intended have made themselves a nation of dyspeptics and gluttons which has brought thousands and thousands to untimely graves. So to avoid or cure yourself of the disastrous effects of careless eating begin at your very next meal as advised heretofore and

***Chew! Chew! Chew!***

***No matter how hard to do, just persist till you get thru that meal, and Never Be Guilty Again of that almost***

*unpardonable sin of sending food to your stomach, in Lumps and Hunks and Chunks.*

*The immediate effect of thoro mastication* is of course the greater ease with which the stomach disposes of the food, for this organ has no teeth in it, unless they have been swallowed, and is sure to rebel in time if required to perform the task of dissolving one's victuals which Nature intended should be completely crushed and ground in the mouth.

*The second effect of thoro mastication* is that it prevents to a very great extent the almost universal habit in this country of over-eating, which surely is one of our besetting sins or *Was Before the War*, but perhaps being put on an allowance and many things we liked so well prohibited entirely, has cured a lot of us of the harmful habit of eating more than we should.

*A Normal Appetite and Thoro Mastication Is the Very Best Safeguard Against Gluttony.*

*The Third Effect of Thoro Mastication Is That It Greatly Aids In Regaining and Retaining Natural Hunger and in preventing one from indulging in harmful dishes.*

The plain, simple, wholesome foods eaten only when real hunger calls for nourishment taste so good when thoroly chewed and are so satisfying that there is no particular desire or relish for the highly seasoned articles or fancy get-ups that have wrecked the Health and ruined the Happiness of thousands of people.

## CHAPTER V.

### Right Habits of Eating Concluded

### Right Food Combinations

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*If You Are Somewhat Posted on the Food Question,* possibly you have concluded that the greater variety you have in your daily diet the better, just so the various articles are wholesome in themselves and properly prepared. *If you are trying to eat right you could scarcely make a greater mistake than this.* For a good many years after I had spent a lot of time studying the diet problem, I was a victim of this error and was bothered almost constantly with more or less indigestion. I did not understand the reason for this then, but it is all very clear to me now. While I was much more careful in those days about what I ate than I am at present, and insisted on having what I then considered and still consider the best and most nourishing foods, and carefully avoided any that I had been taught were harmful, yet my stomach bothered me a great deal and was on a strike fully half the time. I now and then had miserable headaches, sometimes slight bilious attacks preceded or followed by great depression of spirits, irregular heart action, dizziness and many other distressing symptoms.

*What could be wrong?*



I was practicing all the Health "stunts" I knew of and I had been a student of the Laws of Health for a long, long time, and yet it seemed that I could not get that weak, tender, balky, unruly, obstinate, obstreperous, tormenting stomach of mine to behave itself and digest the wholesome, palatable, nutritious food I put into it in abundant quantities two or three times a day.

*What Was the Matter?*

My investigations had led me to the belief that *the Power That Heals the Body Resides Within the Body and That the Only Way We Can Help It Is to Get the Things Out Of the Way That Hinder, And By Supplying It With Proper Building Materials,—Air, Food and Water,—And Making Other Conditions Favorable.* Let me repeat: **THE POWER THAT HEALS THE BODY RESIDES WITHIN THE BODY.** Of course it does! I think I can convince you of this in a minute. Did you ever cut your finger or bark the skin off your hand or bruise and wound yourself slightly in some other part of the body? I have done this many a time and I suspect you have, too. We probably treated the bruise or cut in about the same way. If it was bleeding we simply tied it up with a cloth and trusted Nature to heal it, didn't we?

*Now the power that heals a bruise, wound or cut without our help or hindrance is the same mighty, intelligent force in Nature that heals all diseases that we are ever afflicted with and cured of.*

I believed all this very firmly and still believe it with all my heart, *But My Stomach Kept Right on Bothering Me.* I was convinced that stomach trouble, generally speaking, is only another name for stomach abuse and with all my care in eating that I was still mistreating my digestive apparatus in some way or other. *What could it be?*

*Now, I'm going to tell you.* While I was eating good, wholesome foods and chewing them well, I found I was

making *Three Vital Mistakes* that were continually interfering with Nature's beneficent designs to repair my weak stomach and give me a perfect digestion.

*First*, I was often guilty of eating when I had no particular desire nor relish for food just because meal-time had arrived and I thought it necessary to fill the stomach regardless of whether I wanted it or not, just to "keep up the strength," as many people say. Later I learned that this is not the way to keep up strength but the way to induce weakness, as food that is not desired or relished is not digested or only very poorly digested and it requires a great deal of vital force and energy that should be used in some other way to dispose of this encumbering mass of food that Nature did not call for. To eat without desire or relish is a direct insult to the stomach which that patient, long suffering organ is sure to resent in time. I've made a frank confession here. Were you ever guilty of the same sin against your God-given instincts that tells you when you need food and when you should eat? I dare say you will answer, "Yes."

*My Second Blunder* was and is yet so common, that I feel quite safe in saying that a very large percentage of the people of this country habitually make the same disastrous mistake in their eating.

*I Found That I Was Eating Too Many Articles of Food At A Single Meal.* If you have ever considered the diet proposition and made a study of the various foods you have likely run across the statement frequently in your reading that we need much variety in our bill of fare. I had been so informed many and many a time by writers who were considered authorities on the subject. They gave me the impression that we should have a varied bill of fare from day to day and somehow I concluded that the greater number of foods I could get into my stomach at a single meal the better, just so each article was branded "healthful" or "nourishing." I thought that unless I

had a goodly number of dishes at each meal, I would not be well fed or properly nourished. *I had not learned then that a Great Many People Are Poorly Nourished Because They Are Habitually Overfed.*

*Now we do need variety in our diet, but not many things at a single meal, and the greater number of articles we eat at one time the worse for us, as we are almost certain to put things into the stomach that do not combine well with each other when many kinds of food are eaten at once.*

The foregoing statement will be a severe blow right in the solar plexus of a great many worthy, over-fed, well-meaning-but-sadly-misguided people, whose chief pleasure in life seems to be tickling the palate, tongue and throat with such a conglomeration of mixtures from day to day, that the poor, over-burdened stomach cries out in distress and goes on a strike. Then "something is taken for it" without the sufferer ever suspecting that all that is necessary is to correct the errors in his or her daily diet, and Nature will speedily bring relief and in due time a permanent cure.

*My - Dear - Stomach - Troubled - Friends* That last statement sounds too good to be true, doesn't it? *Well, you can prove its truth for yourself, just as I and many thousands of other advocates of "The Nature Cure" idea have done.* All the directions you will likely need are found in these chapters on eating.

*Yes, I found that I was eating too many kinds of food at single meals and was getting bad combinations.* If the reader has not studied Food Chemistry he or she may not know just what I mean by good or bad food combinations, so I will try to explain.

If you will visit any high school or college laboratory and ask the teacher in charge, you will find that all things in Nature—the Earth, the air, the water, the rocks, the

minerals, all plants and living creatures of every kind, in fact all things that compose the universe are made of chemical elements.

I forget the exact number, but there are fewer than one hundred of these elements, out of which everything in Nature is made.

In the laboratory, you will learn that many of the substances used in experiments are entirely harmless in themselves and will combine with various other substances in a perfectly harmonious and friendly manner. Another element or substance may be introduced that will immediately create trouble, raise a regular chemical row as it were. Certain elements have been brought into contact that can't get along together and they simply fight it out. They froth, fume, boil, blubber and bluster at a great rate until the contest ends.

There are other elements and substances that have such an antipathy for each other that when brought into contact an *explosion* is the immediate result.

Many a laboratory has been the scene of explosions that resulted from some ignorant or careless experimenter putting together chemical elements or substances that could not bear to be in each other's company.

All our foods are composed of chemical elements and they *agree or disagree with each other* when mixed according to the elements that enter into their composition. Now do you get the idea of what I mean by good and bad food combinations? I hope you do and further, I hope to make it of immense value to you as it has been to me.

*Nearly All Simple Foods Are Wholesome When Properly Prepared and Eaten Alone or in Combination With Other Foods With Which They Agree. But There Is Scarcely An Article of Diet That Finds Its Way to the Table of Civilized Man That Is Not Rendered More or Less*



*Indigestible and More or Less Injurious By Being Combined With Other Foods With Which It Does Not Chemically Harmonize. This Is The Case With the Best As Well As the Worst of Our Foods Even When All the Other Rules or Laws for a Good Digestion Are Complied With.* There are many foods which when mixed fuss and fight and wage a battle royal in the confines of the walls of the stomach just as a *Tom Cat and Rat Terrier* will do when put in a box together. This disagreement of foods with each other is a fruitful cause of much of the stomach trouble that is so prevalent on every hand. This is proved by the fact that when the diet is corrected and things only that harmonize are eaten together we soon become unconscious, so far as any unpleasant feeling is concerned, that we have stomachs at all.

This is what happened to me, and I dare say that you will experience like good results if you follow directions carefully.

*Eating Too Many Things At Once Caused Me To Make The Third and Last Mistake That I Have Been Addicted To In My Eating Habits. It Frequently Caused Me to Eat Too Much And I Have Not A Particle of Doubt But That If You Have Been Or Are Now In The Habit Of Eating More Than Three or Four Things At Once You Have Often Made The Same Blunder.*

You see it's like this: A person with anything near a normal appetite will naturally select the plain, wholesome substantial foods at the beginning of a meal and most of us eat enuf of these to satisfy hunger and meet all the wants of the body for nourishment at that time. Then after Nature's demands for food have been fully met we are tempted by other savory dishes that appeal to the sense of sight, or smell and a new set of taste buds, and so we eat far beyond our wants or the ability of our stomachs to digest or easily dispose of.



*This the well-nigh universal sin of gluttony that keen observers who know its dire consequences tell us is responsible for a hundred deaths where alcoholic liquors kill one. To This Gross Perversion of Nature's First Law—That of Self-Preservation—a large percentage of the diseases that afflict and destroy the human race can be directly ascribed. Gluttony and wrong habits of eating in general are among the chief causes of both Physical and Mental Inefficiency, as well as of disease, unhappiness, failure, a considerable percentage of crime, drunkenness, etc. You may doubt the last statement, but the men and women who have thoroly investigated the matter are with me in this assertion.*

I have surely kept you waiting long enuf while making the foregoing explanations and will now tell you how to make right food combinations.

*Simplicity of Diet, Thoro Mastication, Eating Only When Hungry and But a Few Things At a Meal That You Desire and Relish, Embody the Best Off-Hand Advice I Can Give to Help You Get Back or Keep Your Normal Hunger and Protective Instincts That Nature Intended To Be Your Guide and Safeguard Against Wrong and Harmful Eating.*

Eating in this way you will soon begin to crave and enjoy most the foods that will agree with you best and do you the greatest good.

Now you find nothing difficult in that advice, do you? If you follow it faithfully it will do more for you towards improving your digestion and as a consequence your general Health than you would believe possible now.

If overeating is the greatest mitsake we make at the table, as most thoughtful people will agree, and if you suspect that you may be doing this you surely will try the simple suggestions here given to break up and overcome this harmful habit.

*Foods That Do Not Taste Well When Taken Into the Mouth at the Same Time, Make a Bad Combination and Are Nearly Sure to Disagree With Each Other, More or Less, in the Stomach.*

Here is a helpful suggestion that I remember reading several years ago in a book entitled "Autology," by Dr. Morris of Chicago. With some minor changes I give you his idea on getting right food combinations, and I strongly recommend that you try the experiment. You are sure to have some harmless fun if you and the other members of the family do this at the same meal,—and remember that merriment is a great stimulus to a good digestion,—besides it may set you thinking about the fearful mixtures you have been embarrassing your stomach with.

Let us suppose that it is Sunday, Thanksgiving, Christmas or some other time when you are apt to have the so-called good dinner. Let all who will try the experiment be provided with bowls. Likely your mouth is watering for the good things set before you and you are anxious for the feast to begin. Cast your eyes over the table and select all the articles that you think you will eat or would like to eat at this meal. Now, take a small bit of each kind of food you mean to devour and put it into your bowl. I imagine the mess would run something like this: Bread, butter, beef or pork, chicken, turkey, goose or duck with rich gravy or dressing. Take but small quantities of each, for there is a lot of other things to go into your bowl before you get your full bill of fare. Of course you will want potato, maybe some slaw or salad, beans or peas, possibly some corn or tomatoes and likely two or three other vegetables. Don't leave out the jams, jellies or preserves and surely you will not deny yourself a bit of that fine cake, pudding or pie, and follow this with a generous helping of fruit, nuts, etc. Now pour in the tea, coffee, cocoa, milk or water and stir with your spoon till it is thoroly mixed and you are ready to

dine. Put a spoonful of this stuff into your mouth and chew it thoroly if you can. The chances are that you can not do this without being gagged by the awful conglomeration you are trying to eat. Why, a hungry dog would balk at a mess like this, yet thousands and thousands of people are guilty of eating such great varieties of food at single meals as often as opportunity offers that they have about such a vile mixture in the stomach as in the bowl when they try the experiment. How long do you think it would take that bowl of swill to ferment or sour? Only a very short time, you know, and it will do the same thing in your stomach as in the bowl and do it much quicker usually. *Let me state again that the things which when mixed and taste well, together, form a good combination and will usually agree with one, while other mixtures that do not taste well together, form a bad combination and will not agree perfectly with anybody.*

That last statement is worth remembering if you would get right food combinations and as a result a good digestion. When you are tempted to eat more than three or four things at a meal just recall the bowl experiment and you are not very apt to do it.

Any healthy child before its appetite is perverted will make a full meal on one, two or three things, and probably never would depart from this simple way of living were it not urged, coaxed, tempted or even compelled to do so. So far as I have investigated the matter, I have invariably found that very old people who retained their health and ability to work to the end of their days have been men and women who lived the simple life in every way, but especially in their eating habits. Such people I find have been moderate eaters and usually ate only the plainest, simplest foods.

I dislike to discourage the good housewives and cooks that prepare such bountiful meals, and of course have only the best of intention towards the ones they expect to eat



them, but surely they have observed that there is a great increase in sickness and even death among us immediately after Thanksgiving, Christmas and other festal times of the year, and these results I am fully persuaded can be traced directly to our gormandizing on these occasions. Doctors and undertakers are unusually busy immediately after the big feasts of Thanksgiving and other Holidays and this will continue to be the case until the people in general are better informed on their diet and especially the disastrous effects that are apt to follow a feast or eating bout.

*Mothers, Housewives and Cooks*, I hope I have not discouraged you to such an extent that you will not again prepare more than a few articles of food at single meals.

I shall not object much, no matter how many good things you put on the table at once, if you can afford it, for those who dine together may have very different appetites and might not relish the same dishes that others prefer. Hence a considerable variety is necessary to meet the wants of all. *But what I do protest against most earnestly is that you insist that all present eat a bit of about everything on your table.*

This is what the late Horace Fletcher, the noted dietician, called "Aggressive hospitality," which you surely will not be guilty of, after trying the experiment suggested further back in this chapter.

If gas forms in your stomach after eating and you belch or have heartburn or palpitation of the heart, or if your food sours and comes back, or you feel dull, stupid and sleepy after meals, you have made one or more of the following mistakes in your eating:

1. You have eaten when not hungry.
2. You have eaten too much.
3. You have neglected to chew enuf.

4. You have eaten foods that do not form good combinations and began to ferment or sour almost as soon as they are mixed in the warm, moist stomach, hence the gas and sour eructations which do not necessarily mean that there is anything wrong with your stomach, but that you have been eating wrong and getting unpleasant results.

Almost anything that is fit to put into any human being's stomach—and *lots of things that are not fit*—Will Agree With Us When Desired and Relished and Eaten Alone, or With Other Foods With Which It Harmonizes. Foods That Distress Us Do Not Disagree With Us Half So Much As They Do With Each Other When Improperly Mixed In the Stomach. Here they fuss and fume and froth and ferment and sometimes raise a terrible turmoil which lasts for hours and this occurs day after day to the very great distress of the unfortunate possessor of that badly abused digestive apparatus.

I have not the slightest doubt but that hundreds of people every year drink carbolic acid, blow their brains out with revolvers, step in front of fast moving trains, jump into the rivers and drown or destroy themselves in some other horrible way (*and thousands of others have felt like doing the same*). *Simply Because the Gloomy, Uneasy, Restless, Disheartened, Discouraged, Dissatisfied, Pessimistic, Melancholy, What's-the-Use-of-Living Thoughts and Feelings, That Almost Always Accompany a Badly Deranged Digestive Apparatus, Have Prompted Them to Do It.*

Don't you think it would be to your daily advantage to exercise reasonable care in your eating habits and keep your digestive organs in good condition all the rest of your life? *I do, but I would not have you become over-anxious about the matter,—as I used to be before I had learned that the very best digestion can be upset, deranged*



*and spoiled by anxiety concerning the diet. (We shall learn more of this in the chapter on Right Habits of Thinking.)*

I would advise you to use as much science and common sense in feeding yourself,—and family if you have one,—as the intelligent, up-to-date stock raiser uses in feeding his horses, cattle, sheep and hogs. Lots and lots of men know how to do that, but how many men,—at the head of families,—out of a hundred can you find that know what foods and what combinations of foods will assure themselves, wives and children the best nutrition and as a result the best of Health? *Not many I am sure. However, if you follow the instructions of these Chapters on eating you will not be apt to need much more information on foods than I have given you, as Your Natural Desires When Rederveloped, Will Be Your Guide and Safeguard, and Prompt You When to Eat, What to Eat, and How to Eat.*

## CHAPTER VI.

### Right Habits of Drinking

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THE THIRD ESSENTIAL OF PERFECT HEALTH IS  
RIGHT HABITS OF DRINKING.

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#### WHAT AND WHEN TO DRINK

It is not my purpose in this chapter to discuss alcoholic liquors as beverages at length for two reasons:

The first is that I am convinced, and I suspect that you are, too, that the days of King Alcohol are numbered and his reign is about over in this country if not thruout the world. All too long has he reigned and ruled over the so-called civilizations of mankind and untold millions of his subjects have gone down to *Physical As Well As Mental and Moral Destruction*.

Natural Thirst never calls for anything but water and it is only when this God-given instinct is perverted that a desire for alcoholic liquors and other harmful or destructive drinks is created.

*It is a strange fact that every one of Man's Natural Instincts that were intended for his guidance, protection and preservation may be and usually are perverted and new and Unnatural Desires developed that take their place. These unnatural desires are the cause of gluttony,*

drunkenness and all other debaucheries that have well nigh ruined the Health and destroyed the Happiness of the human race.

My second reason for not writing more against strong drink in this chapter is that people who read this book as a rule will be the ones who are already converted to the same ideas that I advocate in the matter of all intoxicating liquors and that is that one's personal safety lies in letting them entirely alone as *there is no necessity for their use at any time nor under any circumstances*. I am further convinced that alcohol in any form is never necessary in the treatment of disease and that the greatest and most successful physicians of this and other countries are of like belief.

*Tea, Coffee, and Cocoa* are so universally used that it is hard to find a man or woman in this country who does not drink one or the other or both the first two mentioned regularly once, twice or three times a day and occasionally indulge in the third. Many children are allowed these beverages also with no thought on the part of parents that they may not be good for them.

Now are tea and coffee harmful or healthful beverages? It is my opinion that both are more or less harmful to the majority of people who habitually use them and to some *very injurious*. A person in normal *Health* does not need stimulants and the one who has lost his or her grip on the life forces of the body and is floundering in the meshes of some disease or other, often prevents recovery by the use of stimulants, narcotics, etc., that are *demanding by habit* and not by Nature.

Except people who do hard physical work outdoors, I doubt if there are many others who are fully able to throw off or eliminate the harmful elements that both tea and coffee are said to contain and get by without an occasional headache, upset stomach, bilious attack or more or less nervousness. If you are afflicted in any of these

ways for any considerable time after having corrected the mistakes you may have been making in your eating and breathing habits, I believe I would leave off tea and coffee for awhile at least, if not permanently, and try some of the harmless substitutes that can be found at any grocery store. I have met many people who have done this that were enthusiastic over the change.

Personally I have never habitually used either of these beverages, tho I drank both occasionally and with excellent relish many years ago. While attending school during the summer of 1894, I drank coffee every morning for a number of weeks in succession and found that I was getting the *coffee habit* and decided to cut it out and did so then and there. From that day down to the present time, I have never tasted coffee but once and then by mistake, nor have I ever in all that time swallowed a drop of common tea. I say "common" tea to designate the kind in general use.

I have occasionally resorted to a hot ginger or red pepper tea to break a cold that was trying to get hold of me (a hot lemonade is an excellent remedy for the same purpose. Use either at bed time), and almost every spring we use sassafras tea a week or two at meals to keep the kidneys in a clean, healthful condition and to rid the blood of any poisons that may have accumulated in it during the winter.

For these purposes I consider sassafras tea far superior to any of the widely advertised and often very harmful remedies that many people resort to for kidney trouble and to purify the blood.

But back to "common" tea and coffee. I must not digress again. If parents think *they must have* these beverages surely they know better than to give them to their growing children, especially if they are inclined to be frail, puny and nervous as so many are now-a-days. We have to husky, healthy little boys at our house and if we

used tea and coffee ourselves we certainly would keep them from our children as long as possible, so detrimental do we consider them during the growing, developing periods of Childhood and Youth.

*Then if I were a lady* and wished to preserve my clean, rosy, youthful complexion and good looks as long as possible and keep my face free from wrinkles, blotches and splotches for a lifetime, when asked whether I'd have tea, iced tea or coffee, I'd reply,—“Just bring me water, please,” and I'd stick to that rule all my days.

*Cocoa* is not used nearly so extensively as tea and coffee and is freer from objectional properties than either, but it is by no means an ideal beverage.

Occasionally we indulge in a cup and even allow our five year old boy to have it. Sometimes I drink it several days in succession, but would not want to continue its use long enuf at a time to feel that I had to have it. *That's the trouble with any unnatural, harmful indulgence. By fooling with it a habit is formed and fastened on one and is generally very hard to shake off. Ask any truthful man addicted to booze fighting or the tobacco habit.*

What then shall we drink?

**WATER,—WATER,—WATER.** The clear, clean, sparkling, refreshing, satisfying, healthful, disease-destroying, life-giving beverage that God and Nature have provided in abundance for all living creatures. Water is the only drink that satisfies natural thirst and meets all the wants of the body. Nearly all other beverages contain foreign elements that do not belong in the blood and that create more or less trouble when taken into the system.

#### GET THE WATER DRINKING HABIT

It is one of the most helpful, healthful things that **you can do.** In the nearly twenty years that I have been



conducting Schools of Health and Physical Training, I have talked with a great many people that told me that they rarely took a drink of water, especially in the winter,—sometimes went for several days without it, and yet it is estimated that we need about two quarts of liquid every day to supply the wants of the body and keep its machinery in good running order. No wonder these people had lost their Health when they were not supplying themselves properly with one of Nature's essential building materials—*water*.

*Air, Food and Water Are The Only Building Materials That Nature Uses in Constructing Our Bodies, And The Only Substances She Asks For And Can Use To Advantage In Overcoming Our Diseases and Keeping Us In a Normal, Healthful Condition.*

See to it that you supply Nature with what she requires,—air, food and water,—in their purest and most perfect form if you would enjoy satisfactory *Health* and live long upon the earth.

NOW HAVE ONE ON ME—*A Good Drink of Cool or Cold Water*—“*Here's to Your Health and May You Live Long and Prosper,*” and this you are pretty apt to do if you drink nothing but pure water and drink enuf of that. It is bed time and we had that refreshing drink just before retiring and this you should keep up night after night until the habit is formed and then you would not feel comfortable to go to bed without it.

*Drink the water whether you want it or not.* It won't hurt you as it might do to eat when not hungry. This is one of the very best times in the twenty-four hours to supply your blood with the necessary liquid to help all the organs of the body perform their functions properly, so drink and be,—*blessed*.

After you have established this excellent bed time drinking habit, when else would I have you drink at a

regular stated time you may ask? *Just as soon as you can get to the water bucket, spring, well, cistern or hydrant after rising in the morning.* You may balk at this suggestion as a great many people do, but it will not take long to overcome your distaste for water early in the day and in due time you will learn to enjoy it at this hour and will not be satisfied without it. Don't force yourself to drink more than two or three mouthfuls at first, but it will not be long till you will easily drink a glassful or more and enjoy it.

The greater your dislike for it the stronger I urge you to form this habit as your stomach is in a bad condition if you can't drink water early in the morning, and very much needs this liquid to help it cleanse itself of the filth that has accumulated in it during the night and this should be done before eating breakfast. If you find cold water very distasteful early in the day, use hot instead, especially in cool or cold weather and for people with bad stomachs it might be best for all seasons of the year instead of the cold.

If you make a regular habit of drinking a glass or two of water nights and mornings as here recommended you will find that the practice will be of very great benefit in preserving or restoring your Health and making life worth living.

*Don't Be Afraid To Drink At Meal Time.* The idea that it is harmful to do so is incorrect as has been proved by experiment, and instead of digestion being interfered with, it is aided by a generous supply of water with meals.

Hot water, with a bit of milk and sugar, is our regular breakfast beverage the year round, of which we usually take two or three cups at a time and like it so well that we would not think of changing it for tea or coffee even if we did not consider them harmful.

We get no headaches, torpid livers, nor muddy complexions from this drink, as we are quite sure many people do from tea and coffee. So friends, we recommend it to you and even *urge you to get in the habit of using it regularly as we do. When else shall we drink?* Any time that thirst calls for water, but if you make a habit of drinking nights, mornings and at meal times, as here recommended, you will probably be getting the two quarts of liquid that your system needs and will rarely ever be thirsty at other times except in the hot weather. Drink then as much as you want, but let me caution you against drinking very cold or ice water rapidly.

A *tumbler of ice water* taken into the stomach as generally gulped down, will chill that organ and interfere with digestion for full thirty minutes, whereas the same kind and quantity of drink may be sipped slowly with little or no harm. One runs the same risk of chilling the stomach and upsetting the digestion by eating ice cream, etc., too rapidly. Considerable sickness in the summer and not infrequently a call for the undertaker is due to disregarding these simple rules.



## CHAPTER VII.

### Right Habits of Exercise

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#### THE FOURTH ESSENTIAL OF PERFECT HEALTH IS RIGHT HABITS OF EXERCISE.

In the preceding chapters I have given you the necessary information that will enable you to get and keep your *Breathing, Eating and Drinking Habits About Right* and where the mistakes that are so commonly made in these habits are corrected, much has been done indeed to improve the Health and keep the body in a normal condition. In fact so many people have experienced such great benefit from correcting bad Breathing Habits and Getting the Air Fit to Breathe Day and Night, that they have concluded that this is about all that is necessary to bring ailing humanity back to Health, Strength and Endurance. Thousands of other folks scattered all over the world, in recent years, have been so greatly helped by Reforming Their Eating Habits that *they* are very sure that in this they have found the remedy for all human ills. Fully as many or more as may be found in either of the preceding classes have been brought back to a satisfactory physical condition by taking Regular, Systematic Exercises daily for a few weeks or months. This class is quite as enthusiastic over what *proper exercises* will do for those who are afflicted with disease or weakness, or others who wish to preserve their Health, as either of the forego-

ing classes. *Now, Which Class is Right? All three are right so far as they go, But Each Class Is Emphasizing Only One of the Essentials of Perfect Health and That the One Most Needed by the Individuals of That Class, Hence the Great Benefit Derived from Making a Hobby of It.* Yet there are at least four other laws of health that are complied with fairly well by habit or otherwise, or no great benefit would come from specializing on the one essential by either class. Let Us Learn All Laws of Health and Comply with Them Consciously for Best Results. *So Right Habits of Exercise Is the Next Health Essential that I would have you consider.*

A hundred years ago or so, if some one had been writing a treatise on Health for the people of the central part of the U. S., he could have omitted the instructions on Right Habits of Breathing, Eating and Exercising without serious detriment to his book for the following very good reasons: *First*, in those early days the people of this part of the country lived mostly in open, log houses that had no lack of fresh, pure air.

The lungs were constantly supplied with the life giving oxygen, and the continual activity out in the open, where nearly everybody worked, compelled deep, full, natural breathing, so you see *The First Law of Health Was Fully Complied With and Its Requirements Were Met* with but *Little if Any Conscious Effort Being Made to Meet Them.*

*Second*, at that time the people as a rule lived on plain, simple wholesome food and had excellent teeth with which to masticate it, and their drink was water. *Therefore By Habit and Custom They Complied With The Second and Third Laws of Health.*

*Third*—In those pioneer days a big majority of the inhabitants lived in the country and both men and women worked outdoors and were engaged day after day, week



after week and year after year in the most strenuous kinds of *Physical Exercise*.

People engaged in chopping down the trees and clearing up the great forests, hewing logs and constructing houses, making rails and building fences, breaking the ground and raising crops, weaving cloth and making it into family garments, and for diversion chasing Indians, bears and other wild animals or being chased by them, *Certainly Had Exercise Enuf and of Sufficient Variety to meet All the Requirements of the Fourth Law of Health.*

Thus we see that as a rule in the early days of this country the peoples' habits of Exercising, Eating, Drinking and Breathing, forced upon them by necessity and their surroundings, were much nearer in harmony with Nature's Laws than at present and therefore much more healthful.

*Hence we find it absolutely necessary in these days to give Special Attention to our Habits of Breathing, Eating, Drinking and Exercising if we would enjoy anyways near the Health, Strength, Endurance and Physical Efficiency in general with which our forefathers and mothers were blessed.*

The majority of the people live in cities, towns and villages now-a-days, and only a small percentage of these get the necessary amount or right kind of exercise to meet Nature's requirements and keep themselves physically fit.

*Nature never changes her Laws to meet our changed mode of life or habits and she makes no allowance for our Ignorance of these Laws or our Folly in Transgressing Them.*

We may understand and comply with the *Laws* under which we live if we will, and be comparatively free from disease, weakness and all "the ills that flesh is heir to," or transgress them knowingly or ignorantly but must take the consequences.

*None of Nature's Laws Are More Transgressed in These Degenerate Days of Unhealthful Living by Men, Women and Children Than That Which Requires Right Habits of Exercise As an Essential of a Sound, Healthful, Well-Developed Body.*

If you have read the foregoing Chapters carefully, you know what stress has been laid on Right Habits of Breathing, Eating and Drinking, and What Good Results have been promised those who habitually observed the rules set forth in these chapters,—and not a single statement made in any of them concerning the great benefit that comes from Eating, Drinking and Breathing Right is here modified or contradicted—But Unless You Take Proper Exercise You Will Not Get the Best Results Possible in Building Up Your Health, Strength, and Endurance, or in Bringing Your Body to the Normal Development or in Keeping Yourself “Physically Fit.”

All these things are perfectly natural and you are doing every one of them already. You are Breathing Continually and Eating, Drinking and Exercising daily are you not? Sure you are!

Well, all I'm attempting is to help you correct anything that may be wrong or out of harmony with the Natural Laws Under Which We Live and Every One of These Laws That Has Anything to Do With Our Health or Physical Condition Is Either Complied With More or Less Perfectly or Else Transgressed Daily by Everyone of Us in Our Habits of Breathing, Eating, Drinking, Exercising, Thinking, Sleeping, Etc.

My Contention Is That When Our Habits Are Right or Approximately So, We Are in Such Harmony with Nature's Laws that Health, Strength, Endurance and a Satisfactory Physical Condition Is the Natural Consequence and It Is Only When We Transgress These Laws That Disease, Weakness, and Premature Death Comes Our Way. Some writer has stated that “It is a greater disgrace to



be sick than to be in prison, for when one is in prison he or she has Transgressed some man-made Law, but when one is sick, God's Law has been transgressed." I would not be so hard on unfortunate sick folks as to say that, but the foregoing statement is worth your careful consideration.

When the body is supplied with proper building materials,—air, food and water,—and these are used in the right way, there is such an accumulation of energy *As the Result of an Improved Digestion and Assimilation of Food and a Better Oxidation of the Blood, That Exercise Becomes Imperative and One Cannot Be Comfortable Very Long Without It.*

You business men and women, professional people, housekeepers and home makers, society folks and loafers,—are you so full of Energy—Vim—Life—that you simply have to take Exercise in your work or otherwise several hours a day to get rid of this surplus energy and be comfortable and happy, or do you have to drive yourself to your daily rounds and the exercise you take?

If you are in the latter class you are living far beneath your privileges and should find out what is wrong with your daily habits or occupations that has put you in such an unfavorable physical condition.

*Many People Are in This Plight Simply Because the Natural Impulse to Exercise Has Been Smothered or Suppressed Till It Is Well Nigh Killed Out and It Will Take a Lot of Coaxing or Compulsion by the Will to Re-develop It, but It Can Be Done and if You Mean to Put Yourself in the Best Physical Condition Possible You Will Do It. Its My Purpose to tell You how.*

A perfectly healthy, normal man or woman does the day's work on surplus energy and there is but little if any weariness at night even after eight or ten hours of hard mental or physical activity. This is the superb physical

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...and the fact that the *Journal* is a journal of the American Psychological Association, the largest and most influential organization in the field of psychology, adds to the journal's prestige and makes it a must-read for all psychologists.

1. The first step is to identify the key components of the system. This includes understanding the hardware, software, and data involved.

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... *le* ... *entre-*

So let us walk in such a way as to give ourselves the best personal appearance possible and at the same time get the most satisfactory results in Health Culture as well. *How Shall We Do This?*

If you are not sure that you are as erect as you should be, you may determine this to a certainty by the following experiment: Stand with the back against the door or wall. Place the heels, hips and shoulders against it and if the back of the head touches also without you making any effort to make it do so, you may compliment yourself, for you are quite erect and will find it easy to carry yourself properly in walking.

I have tried this experiment with a great many people both adults and children and found that nearly all adults I ever tested and a great many children carried the head from one to four or five inches farther to the front than the normal.

*This Is What We Call Craned Neck.* Don't let it discourage you *much* if you find that you have it, for if you will make a habit of keeping the head just where it belongs, when you sit, stand or walk, you will gradually overcome this condition. When writing, sewing, sitting at the table, or lying flat on the back, keep the neck straight in line with the spine as determined by the foregoing experiment. When necessary to bend forward, bend at hips and not at neck.

#### BUT HOW SHALL WE WALK?

*Raise the Chest High, Which Compels Deep, Full Breathing, Draw the Chin Back Until You Have the Proper Head Carriage, Let the Arms Swing Limp and Lifeless at the Sides, Think Nothing of the Shoulders, for if You Keep the Chest High They Will Be Exactly Where They Belong; Swing Forward Until the Weight Is Mostly on the Balls of the Feet, Breathe Thru the Nose and Strike out from Two to Four Miles an Hour and Keep It Up from*





they age and the more apt they are to be afflicted with disease and weakness. Get out in the open and play with the children. *Play for the Fun of Playing* and not simply to test your skill against someone else in the game.

If the contest feature could be eliminated from all outdoor and indoor sports and games and the interest maintained simply by the fun and real Natural enjoyment of them, *Ten Times the Benefit* and but little if any harm would come from them. With the contest spirit uppermost in the mind of both players and onlookers, the harmless fun and enjoyment of our sports and games are largely eliminated and it becomes a serious question whether more harm than good does not result from them.

When one plays simply for the fun and beneficial exercise that he or she can get out of the game, he or she cares but little who wins just so it is done fairly and then there are no disappointments or bad feelings towards others when the game is over.

Any game that endangers life, limb or the Health of the contestants certainly should be discouraged and it's a wonder that we don't have laws prohibiting all of this character. Our outdoor games and sports could be made of great benefit from the standpoint of *Health Culture* for both sexes and nearly all ages but where there are harmful features they should be eliminated.

*Swimming* is a natural, whole-body exercise and one of the very best, but it has two serious drawbacks—*First, it can only be done in the water*, and water enuf to swim in is not always at hand. *Second*, man is not by nature *an aquatic or water animal* and as a rule can only stay in the water a short time,—say fifteen to thirty minutes without running the risk of doing himself much more harm than good. The young people who are so fond of swimming and playing in the water will not be pleased to read or hear the last statement, but I set out to tell the truth and

express my convictions in this book and I mean to hold to my purpose till I reach the very last word.

There is nothing that I know of that children and older folks, too, enjoy better for the fun of it, than being in the water and the almost irresistible tendency is to stay in it too long, but I have seen so much harm come to so many people, both adults and children, from this practice that I must warn against it.

*Riding on Horseback* is, next to walking, perhaps, the best exercise that an individual can take, but like walking for any considerable distance, is going out of fashion and this is to be deplored.

The chief value of *Auto Riding* comes from getting out into the open fresh air, sunlight, change of scenes, etc., but as an exercise of the muscles it is practically nil (unless the car happens to be a *Ford*, then it may be quite equal to a horseback ride).

*Working Out Doors* is by all odds the most natural and can be made the most healthful of all occupations or means of making a living. It takes one out into God's fresh, pure air and sunlight where the *Health and Life-Giving Forces of Mother Nature* are in evidence everywhere, and if the work is done mostly by hand instead of machinery, the muscles are involved in several hours' vigorous activity daily and this gives Health, Strength, Endurance, Bodily Development, Good Digestion, Sweet Sleep, Contentment and The Real Joy of Living.

*The Human Race* was undoubtedly created for the open, outdoor country life, and when we huddle together in cities and towns and seek indoor occupations in the stale, musty, impure air of the average business house or office, buy our vegetables, fruits and other provisions in the markets (where we often find them stale and unfit for human food), in place of raising them from Mother Earth by the work of our own hands, walk the hard, un-



yielding brick or concrete pavements instead of the soft, restful-to-the-feet-grass-carpeted Earth, seek our recreations and amusements where scores or hundreds of other people congregate in illy ventilated rooms, breathe each other's breaths and swap disease germs with one another, instead of living in the pure-health-and-life-giving-country air, and being content with the quiet, restful satisfying outdoor life—just to that extent do we become unnatural in our mode of living and this is frequently followed by disease, misery and sometimes funerals that might have been postponed many years had the victim lived a more natural and sensible life.

Desirable as the country life is from the standpoint of a natural, healthful existence when it is what it should be or could be made for the majority of people who live there, yet I would not have the reader conclude from the foregoing, that city and town life may not be made healthful too, but many who dwell there will have to make radical changes in their living habits before they can attain the satisfactory Health, Strength and Physical Efficiency that would follow as a natural result of the ideal country life. The good common sense of the average business or professional men and women undoubtedly tells them that *Health Is by Far their Most Valuable Possession and That All Reasonable Means Should Be Used to Improve or Preserve It.*

Let me counsel these sensible, educated, brainy, but often diseased and weakly, people that it would be greatly to their advantage to have some outdoor work that would give them an hour or two of vigorous exercise daily.

*Gardening*, so long as it lasts, is perhaps the best useful outside work that the average business and professional men and women, who are so fortunate as to have a garden spot or vacant lot, can engage in. What a blessing it is to any indoor worker, man or woman, to arise at day dawn—the proper time for the Health and Efficiency

seeker to create the well—known overalls, leave off the shoes if the ground and weather are warm enuf, hike for the garden and *spade and dig, hike and hoe for Dear Life and Vegetables* an hour or two, till the muscles all over the body are thoroly exercised and a good perspiration is brought out. Now shoulder your tools, walk briskly and proudly back to your home, for you have done some useful, necessary work to be proud of, take a quick tepid or cool bath, dress and get ready for breakfast and the day's work. *What a difference is soon noticed between the men and women who work vigorously an hour or two before breakfast every week day morning during the pleasant months of the year, and those who lie in bed till the last minute before the first meal of the day, dress hurriedly and make a dive for the table.*

Those who have had the early morning exercise come to the table with a natural, earned appetite induced by their activity and this kind of hunger calls for substantial, wholesome food to rebuild the cells that compose every part of the body which have been broken down and destroyed by the exercise. With people who do not exercise enuf the cells of the body do not change as rapidly as Nature intended and this is a frequent cause of disease and weakness.

The man, woman, or child who has had the hour or two of early morning exercise comes to the table not only with an appetite, but with the ability to digest the breakfast. *No Indigestion nor Headaches* for him or her that day. As another result of the exercise the eyes sparkle, the cheeks glow with the rubliness of Health and the brain is as clear as a bell.

The stay-in-the-bed-till-the-last-minute-fellow comes to the table drowsy, yawning and stretching, has but little or no relish for wholesome food, likely dashes down a cup or two of coffee as a bracer and eye opener and probably sends a hot bisket or two, or some doughnuts, cakes or



mushy breakfast food to the same destination, "just to keep up the strength," hurries off to his or her work but does not get fully awake till the middle of the forenoon, and by that time frequently has a "miserable headache" and will likely "take something for it."

Don't you suppose there will be a difference between these two classes of workers in the kind of service they render or work they do during the day, the week, the month or year?

There are many other kinds of pleasant outdoor work that indoor workers may engage in for an hour or two a day mornings and evenings and if they are not so fortunate as to have a garden, perhaps some of these are available as a means of necessary exercise. But should you be so *unfortunately* situated that there is not a single thing in the way of useful, outdoor work for you to do, then you should by all means make a regular habit of *Walking, Riding Horseback (or in a Ford Car), playing Tennis, Golf, Baseball or Swimming, Rowing, Skating, Hunting, Etc.*—Anything and everything to take you outdoors and give you the necessary exercise in the open without which you will not enjoy the Best of Health and Efficiency very long.

*Indoor Work or Exercise* with Pleasant Surrounding and Good Ventilation, Heat, Light and Cleanliness, may be made very valuable from the standpoint of Health, yet there is a stimulus or toning up of the system that comes from exercise outdoors in the fresh air and sunlight that one rarely if ever fully realizes from indoor activity.

### WOULD YOU STAY YOUNG

after the majority of careless people of about your age are growing old, stiff, rheumatic, decrepit and suggesting to the family or friends where they would like to be buried and the inscription that they would prefer on their tomb-stones?

Nature Concerning His Body and How to Use This Knowledge to the Best Advantage, no man can tell, but it is undoubtedly true that the majority of people grow old long before it is necessary and shorten their lives by many years simply because their daily habits are out of harmony with *Nature's Laws and the Penalty That She Exacts is disease, weakness, premature old age and death.*

In my nearly twenty years' experience in conducting Schools of Health and Physical Training in several different states, but principally in Illinois, I have met and talked with quite a number of men and women in the seventy's, eighty's and a few above ninety years of age who were still young, spry, strong and enthusiastic over the excellent Health they enjoyed. On the other hand, I have seen hundreds, yes thousands, stiff, decrepit, diseased, miserable, hopeless people at thirty, forty and fifty years.

*Many People of This Second Class Were Actually Older at Only About One-Half the Years Than Those of the First.* Oldness of the body is determined by its condition and not simply by the number of years that one has been in the world.

Scientists tell us that "We are just as old as our arteries are." By this they mean that where the arteries are clogged by waste matter from the blood that adheres to their inner walls till it impedes the circulation, we have the condition in the body that we call old age, or hardening of the arteries. When the arteries are kept free from these inner incrustations or deposits longer than is generally done, youthfulness is prolonged and old age postponed. Now you see how it is possible for a person of thirty, forty or fifty years to actually have an older body than another of seventy, eighty or ninety.

No, *I Am Not Aging* nearly as rapidly as many hundreds of people that I know and I am giving to the readers of this book most of my secrets of staying young. *I*



*Regard Abundant, Suitable, Daily Exercise As the Greatest Help in This Direction. It Compels a Good Circulation of the Blood Which Prevents or Breaks Down and Washes Away the Incrustations of the Arteries—the Cause of Old Age Whether in Young or Old Bodies.*

During the thirty some years that I have been an almost Constant Student of *The Natural Laws of Health and Healing*, I have never been so situated that I could comply fully with all the Essentials of Perfect Health as laid down in this book, and for various reasons can not do this now and doubt if you can either. But I have been able to live near enuf in line with Nature's Laws after I attained a fair understanding of them, to keep myself practically free from disease and weakness and know of no valid reason why you and nearly all other intelligent people should not do the same.

There are two essentials of Health, however, that I have made a specialty of and have been able to comply with quite satisfactorily for more than twenty years and am convinced that I owe my uniformly Good Health, Strength and Endurance largely to making a hobby of them. I refer to *The First Law—Right Habits of Breathing—and Fourth Law—Right Habits of Exercising*, and *I Would Rather Take My Chances on Staying Well and Living to a Hale, Hearty Old Age by Getting Fresh, Pure Air Continually Day and Night and Breathing It in the Right Way, and Habitually Exercising Right* (While living in other respects about like the average self respecting individual) *Than to Comply to the Letter with All Other Health Essentials and Neglect These Two.* YOU might get the best results from specializing on Right Habits of Eating or Right Habits of Thinking, *but the greatest good comes when our daily habits are so well regulated and our environment such that we can meet all of Nature's Requirements by complying with each of the Essentials of Perfect Health Habitually in a Satisfactory Way.*

## CHAPTER VIII.

### Physical Training at Home

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In the preceding chapter I have dwelt at considerable length on various kinds of exercises all of which are valuable to certain classes of people and some of which, like walking, are valuable to everybody. Perhaps 90 per cent. of the men and women of this country are content with that kind of physical activity and after an hour's walk or an equal amount of time spent with a hoe in the garden or an axe at the woodpile, will tell you that they have had all the "Physical Culture" or "Physical Training" they need for that day. These people seem to imagine that Physical Training and the Exercise they take in their daily work is one and the same thing and if their occupation gives them considerable exercise nothing further is needed in the line of physical activity to give them strong, well developed muscles and a good form, so far as these are dependent on muscular movements.

Well, that conclusion is a grave mistake. *There Is Fully As Much Difference in Its Effects on the Body Between Systematic Physical Training and the Exercise Taken in Ordinary Work, As There Is Difference in the Effects on the Mind Between the Systematic Mental Training That Children and Young People Get in the Schools and the Mental Activity That Comes to Them During Va-*

cation. Children's minds are very active during vacations, often more so than when they are in school, but nobody depends on that kind of Mental Activity for An Education.

Did you notice any difference in the personal appearance, fine, erect carriage, and signs of improved Health in General of the farmer boys and other hard working young men when they went to the War and when they came back? Of course you did! Well, that's the difference in it's effects on the body between a few months' Physical Training and the hard work these young men had been doing for years.

*The fact is that everybody needs a thoro course in Systematic, Scientific Physical Training and Especially the Children and Young Men and Young Women. Their Education is far from complete and sadly deficient when this is not provided. Aside from its most excellent effects on the Health, it benefits the body immensely and permanently in many other ways. It gives a good form, good carriage, normal development, muscular control, grace, ease and self possession. Of course you need it and if you are not in a Normal Physical Condition and are not too old (you to be the judge), you likely need it more than you need anything else to bring you back to par and keep you there. Why, there never was and never will be any remedy compounded by the Art of the most Expert Apothecary and sold over the counter of the most up-to-date drug store that comes within a Thousand Miles of Being One Half so Effective in Helping People Get Rid and Stay Rid of Their Diseases and Weaknesses and Lack of Physical Efficiency in General, as a Thoro Course in Systematic, Scientific Physical Training. For your present and especially your Future Welfare, go in on this line of training and Go In to Win. But use your common sense in doing the following exercises And Don't Overdo Any of Them. They were not all written for any one individual unless he or she is in fairly good condition to start with. Select the ones from each set that meet your wants and practice*



those for at least two weeks before going to the next set. When you have completed the course, mark out a few favorite exercises and practice them regularly unless you prefer the systematic arrangement that I have made of them in sets for you. Of course if you are so situated that you can train under an expert instructor, by all means do so, but if not, by diligent practice, you can get along quite well at home as thousands of others have done.

Keep your mind on the exercises as you do them and keep *in mind* what you are doing them for. *You will get fully twice the benefit from doing them in this way that you will receive if you allow your thots to wander to something else* while practicing. Suggest to yourself silently that they will do for you exactly what I have informed you that they will do, and don't doubt this suggestion nor disturb it when you have planted it firmly in your mind by wondering if there is anything to it. "As is your faith" applies here in the results to be realized as in almost everything else in life. You will understand this when you thoroughly study the next chapter.

If you have the time practice one set in the morning and the preceding or following one in the evening after you get started. Ten to thirty minutes at a time will be sufficient for one set of exercises after you learn them.

Why not get the other people in your vicinity who own this book to come in and help you work out these exercises? You would have a pleasant, profitable time in doing this I'm sure.

The exercises of the First Set are largely preparatory and are intended mainly to loosen up the joints and muscles and get you ready for the more effective movements in other sets, however they are all beneficial from the standpoint of Health Culture. It would be well to spend two weeks at least with each set before going to the next. Follow directions very carefully. Ten or fifteen minutes

mornings or evenings or *both* will be sufficient time for practice.

### FIRST SET OF EXERCISES

NO. 1.—*Balancing on Toes.*—*Lung Sweeping Exercise.*—Stand erect with chest high, chin in, arms at sides, hips back, legs straight and heels together.

Rise slowly on balls of feet and toes while raising arms laterally on a level with shoulders and at same time take a deep, full, smooth breath thru nostrils. Hold breath and balance on toes a few seconds then exhale suddenly and as completely as possible thru the lips while bringing heels and arms back to starting point quickly. Repeat three to five times.

This exercise tends to make and keep the body erect. It strengthens muscles of feet, ankles and legs and has a very beneficial effect on lungs, as it wakes up languid air cells and sets them to work.

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NO. 2.—*Stationary Walking.*—Make yourself stand erect with arms at sides or hands on hips as previously directed. Raise and lower first right then left foot to counts one, two; one, two., etc., 20 to 30 counts.

Raise feet directly upward and only about six inches at first, then higher each time till limit is reached.

You should keep body erect no matter how high feet and knees are lifted. This is a very valuable exercise to strengthen and make flexible knee and hip joints and to give the various muscles involved proper development and power of endurance. Keep rheumatism away from joints of lower limbs by this and other foot and leg exercises.

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NO. 3.—*Waist Twisting.*—Stand with chest high but feet separated a foot or more. On count one turn head and



shoulders to right as far as possible and on count two reverse movement and swing arms, head and shoulders in opposite direction. Waist muscles should be as lax and lifeless as possible and so should arms. Don't hold them up as you turn right and left, but let them twine around body as if tied to shoulders with strings.

After you get on to this movement, you can add Deep Breathing to it by exhaling on four counts as you turn right and left, then inhaling on next four. Continue 12 to 24 counts. This exercise is an excellent one to strengthen waist and side muscles and can be highly recommended for people of all ages and almost all states of Health. It not only strengthens and develops all muscles involved, but has a very beneficial effect on all organs beneath these muscles. I like this exercise so well that I practice it almost daily and have done so for years.

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NO. 4.—*Swinging Arms and Deep Breathing.*—Stand erect with feet apart as in last exercise. On count one swing arms laterally and up to right and on count two reverse movement. Continue 12 to 24 counts. Rest a moment and repeat. This time exhale on four counts as you swing arms right and left, then inhale on next four counts. Breathe thru nostrils in all these exercises unless otherwise directed. Continue breathing while swinging arms in this way till you have had five or six good breaths. This is a good movement to bring blood to hands and get lungs under control for other Deep Breathing Exercises.

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NO. 5.—*First Shoulder Exercise.*—Stand perfectly erect with arms at sides as directed in Exercise 1. On count *one*, raise right shoulder as high as possible and at same time lower left as much as you can. Reverse on count *two*. Continue 12 to 24 counts.

This and other shoulder exercises to follow will make and keep shoulder joints flexible and strong and enable

you to prevent or overcome *Round Shoulders* that so many people have developed. It takes faithful practice for some months to do this.

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NO. 6.—*First Neck Exercise*.—Stand as in Exercise One, but rest hands just above hips, fingers front. On count one drop chin against chest and on count two reverse movement and throw chin up and back as much as possible. Repeat 10 to 20 counts. Movements should be made rather quickly with a second or two of rest at end of each. A little soreness may be noticed in muscles used but that will soon pass away. This and other neck exercises strengthen weak throats, develop neck muscles and give proper head carriage.

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NO. 7.—*Devitalising Exercise*.—Stand erect. Rest left hand against side. Raise right hand above head and shake it rapidly right and left, then forward and backward while making its muscles as limp and lifeless as possible. Change and repeat with left hand. Rest both hands against hips and shake right foot then left as rapidly as possible while keeping them as limp and relaxed as you can. These are among best exercises known to make and keep muscles and joints of hands and feet flexible, but don't expect to do this in a week or two,—it takes months.

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## SECOND SET OF EXERCISES.

NO. 8.—*Second Neck Exercise*.—Be sure that you are standing *erect and correct* before beginning these exercises. Remember,—chest high, chin drawn in or back, arms at sides, hips back, legs straight, heels near each other and weight mostly on balls of feet.

On count *one*, drop head on right shoulder or as near as possible while keeping chin front. Reverse on count two. Repeat 8 to 16 counts.



It is well to review First Neck Exercise No. 6, just before doing this. Go easy with them at first as they are apt to make muscles sore if done violently in beginning. Persistence brings sure and satisfactory results.

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NO. 9.—*Second Shoulder Exercise*.—You are learning to stand properly in all these exercises of course. Keep head on top of shoulders not away in front of them. This is where it belongs when you are sitting at desk and writing or when walking. These exercises will help you to get it back there and keep it where it belongs.

*Review First Shoulder Ex. No. 5.* Rest a minute then add this one. On count *one*, raise both shoulders directly upward as high as possible and on count *two*, reverse movement and lower them as much as you can. Repeat 8 to 16 counts. Its remarkable how flexible and strong shoulders become after a few weeks' steady practice.

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NO. 10.—*Preparatory Deep Breathing Exercise*.—Repeat Ex. 1 three times. Then take a deep, moderately full breath and while holding it tap or slap chest quite vigorously with fingers of both hands while keeping it well extended. Begin near collar bone on either side, go down and across lower chest, then up other side and down on sternum or breastbone. If you become a bit dizzy, don't be alarmed. It will pass away in a few minutes. I have had many pupils so affected, but I never knew of any harm resulting from this exercise. The purpose of this exercise is to gently force breath into unused or languid air cells of lungs and make them active and strong.

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NO. 11. — *Waist Strengthening Exercise*.—Stand properly but with hands on hips, fingers front. On count *one*, bend to right and reach towards floor or ground, but bring hand only to knee at first. Reverse movement on



count *two*, and bring hand back to hip. On counts three and four bend down to left and back. Continue 12 to 24 counts and bend a bit lower each time till floor or ground is reached. Straighten up completely after each downward movement and pause a second or so before bending in opposite direction.

This is one of my favorite daily exercises to keep my side muscles as firm and strong as steel bands. It is very helpful in preventing or curing constipation and torpid liver.

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NO. 12.—*Hip Loosening Exercise—Swing Right and Left.*—Stand with feet some distance apart with hands resting just above hips. On count *one* swing hips to right as far as possible and reverse on count *two* and swing left in opposite direction. Keep head as nearly as possible in starting position, no matter how far you swing hips either way. Hold hips right or left a second or two after each count and repeat 10 to 20 counts.

After you learn this and foregoing exercise well, you may add Deep Breathing to each by taking breath on two or four counts and exhaling on same. Count silently.

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NO. 13.—*Foot, Ankle and Leg Strengthening and Foot Warming Exercise.*—Stand with heels near each other, hands on hips or locked back of body. Keep chest very high and chin in. On count one rise on toes and raise heels as high as you can. Hold a second or two and lower heels on count two but don't come down with a jar on them. Repeat 10 to 30 times.

This is a very effective exercise to cure men, women and children of cold feet, and a lot of people have them. Practice it with other foot and leg exercises just before going to bed for this purpose. After you are used to it, you can practice it from 20 to 50 times at once.

NO. 14.—*Relaxing and Resting Exercise*.—Stand as directed in Ex. 1. Raise right hand slowly high above head while taking a deep, full, but easy breath. Keep hand above head a few seconds while holding breath,—then drop it suddenly and as lifeless as possible, while letting breath go quickly thru mouth. Repeat 5 times, change and do same with other hand. Rest a minute and repeat with both hands at once. You will find this a very restful, quieting exercise and it will prepare you for more effective ones further on.

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### THIRD SET OF EXERCISES.

NO. 15.—*Stepping Exercises*.—Stand with chest high, hands on hips, as previously directed. On count *one* raise right foot high, step forward and bring ball of foot to floor without throwing weight of body on it. Bring foot back to starting point on count *two*. Repeat with left foot on counts *three* and *four* and change from one foot to other until you use both feet 8 to 16 times. Change and step to right and back then left and back same number of times as forward and back. Change again and step backward with right then left foot 8 to 16 counts. A great exercise to develop and strengthen muscles of legs and to make strong hip, knee and ankle joints.

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NO. 16.—*Strong Knee, Ankle and Foot Exercise*.—After practicing preceding exercise a few moments you will be ready for this one, provided you are strong enuf to do it. It is not recommended for weak or elderly people, but is a good exercise for both men and women in average Health, and for children.

Stand with heels near together. Lock fingers back of head, bend knees very slowly and bring them to floor. Rest a few seconds and then rise without moving feet out

## FOURTH SET OF EXERCISES.

NO. 22.—*Third Neck Exercise*.—Stand as in Ex. 1, only rest hands above hips or lock them back of body.

On count *one* turn head quickly to right as far as you can until chin is over right shoulder. On count *two* reverse movements and turn chin with a rapid movement over left shoulder. Pause a second or two at end of each movement. Repeat 8 to 16 counts.

If you are interested in developing your neck and strengthening your throat you will find this and other Neck Ex. Nos. 6 and 8 very helpful.

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NO. 23.—*Third Shoulder Exercise*.—Stand erect with arms at sides. On count *one* throw shoulders as far front and as near each other as possible. Reverse movement on count *two* and throw shoulders as far back as you can. Repeat 8 to 16 counts. When this Ex. is practiced regularly for a few weeks and in connection with preceding shoulder movements, Nos. 5 and 9, it becomes easy to keep shoulders just where they belong. When chest is carried high and shoulders are flexible they will be held where they should be without any special attention.

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NO. 24.—*Vigorous Arm Exercise*.—Stand properly. Bring clenched fists up to chest. Turn right. On count *one* thrust both fists out to right vigorously as far as possible, at same time opening hands. On count *two* close fists and bring them back to chest. Turn left and on counts *three* and *four* repeat exercise in that direction. Continue 12 to 24 counts.

This is an excellent exercise to help develop strong, shapely arms but should be used with caution by weak or elderly people. Go easy with it at first.



NO. 25.—*Lung and Chest Developing and Back Strengthening Exercise.*—Stand as in Ex. 1. Raise hands slowly from front high above head as you take a deep, full breath thru nostrils. Hold breath a few seconds and then bend forward very slowly while lowering hands, head and shoulders and bring hands to knees and at same time exhale as completely as you are able to do thru lips. Rise slowly and take another deep, full breath and exhale as before. Repeat 5 to 10 times and bend more each time till you can touch toes without bending knees. This is one of the very best Ex. in whole list. Do it daily.

---

NO. 26.—*Stepping and Reaching.*—Stand with hands resting against hips. On count one step to right and reach as far as possible directly out with open hand and bring arm up on level with shoulder while taking a good breath. Hold position and breathe a few second and then step back and bring foot and hand to starting points while exhaling. On counts three and four repeat, but step to left instead of right.

Repeat 5 to 10 times in either direction. This is a good Ex. to strengthen and develop the various muscles used in it.

---

NO. 27.—*Stationary Running.*—Stand erect with weight mostly on balls of feet and arms swinging lifeless at sides. Go thru same movements with feet that you make in running, but stay in same place. In other words, run rapidly or slowly as you like without getting anywhere.

This is a fine exercise to put flexibility in muscles and joints, to prevent or cure stiffness, that generally comes with age, and make you forget how to grow old.

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NO. 28.—*Second Relaxing and Deep Breathing Exercise. Best Known.*—Stand properly as in Ex. 1. Raise



of places. Repeat three times. This exercise makes strong legs. You are sure to have some fun if others practice it with you and maybe if you do it alone.

---

NO. 17.—*Hip Hinging and Straight Back Exercise.*—Stand with hands on hips. Bend forward very slowly, hinging at hips while keeping back straight and face to front. Try to bend low enuf to bring back at right angles with legs which should be kept very straight. Be sure to keep face to front so that you could get a picture of it with a camera in front of you. You will not enjoy this exercise at first, but it is very helpful in making hip joints flexible and strong. Repeat 3 to 5 times. Bend very slowly in either direction.

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NO. 18.—*Back Strengthening Exercise.*—You got thru with last exercise all right, of course, but I feel safe in saying you did not like it. Persist. Sometimes the more we dislike an exercise at first the better it is for us.

*In No. 18,* stand erect with hands on hips. Bend forward slowly, beginning at hips and after flexing there as much as you can let each section of spine from there on up to head bend very slowly as much as possible. Reverse movement, beginning at neck and bring head back to starting point very slowly. Repeat 3 to 5 times. Young people and children may bend backward a bit beginning at neck. After a few weeks you may combine Deep Breathing with this and preceding exercise. Exhale as you go down; inhale as you come up.

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NO. 19.—*Chest and Lung Developing Exercise.*—Stand perfectly erect with hands at sides as in Ex. No. 1. Raise hands laterally and bring palms or ends of fingers together high above head while turning face upward towards them. Turn palms outward, straighten arms, reach

far and lower hands slowly to starting points and at same time lower chin while exhaling as smoothly and as completely as possible thru lips. Now take a deep, full breath very gently thru nostrils while raising hands above head again and turning face upward. Hold breath a few seconds and exhale as before while lowering hands. Repeat 5 to 10 times. This is one of the very best Deep Breathing Exercises.

---

NO. 20.—*Strong Hand and Arm Exercise*.—Stand erect with left hand on hip, heels about a foot apart. Raise right hand right oblique, arm straight, above head. On count *one* open hand as wide as you can and close fist as firmly as possible on count *two*, bringing thumb down over first joints of fingers. Repeat 10 to 20 counts. Change and do same with other hand. Rest a minute or two and repeat with both hands at once. Open and close hands very vigorously. This Ex. when practiced faithfully a few weeks will give one a splendid grip and cure that lifeless, clammy handshake that so many folks are afflicted with. Close both fists and bring them up laterally or in front and try to strike shoulders. Open hands as you lower them. Repeat 10 to 20 times. This will develop arms and give you good biceps muscles.

---

NO. 21.—*Devitalizing Exercise No. 2*.—*Review Ex. No. 7, First Sct.*—Now add this: Stand on right foot while raising left and extending it backward. Rest left hand above hip, fingers front. Raise right in front but higher than head. Make both hand and foot as lifeless as you can while shaking them as rapidly as possible for a minute or two. Change and repeat with other hand and foot. Rest a minute, raise both hands and right foot at once and shake all three vigorously. Rest and repeat, but this time use left foot. This is a very ridiculous exercise but a splendid one just the same to get stiffness out of joints and to keep them flexible.



breath slowly through nostrils. Repeat 5 to 10 times. One of a dozen of very best Deep Breathing Ex. well worth practicing daily.

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NO. 34.—*Fourth Shoulder Ex. Specific for Round Shoulders.*—You are by this time no doubt getting in the habit of standing up properly before you begin and while doing these exercises and if you did not do so before, you are beginning to get a better carriage of body as you walk. While standing erect, close fists firmly, bring them up from front while taking and holding a moderately full breath, tense arms and fists and push latter back over shoulders as far as you can and then make as large a circle as possible backward and downward with elbows. Now slowly exhale as you let tension out of arms while you straighten them and bring back to starting points. Repeat 3 to 5 times and continue a few weeks and I think you will find that you have changed your "Round Shoulders" for a pair of square ones.

---

NO. 35.—*Fourth Neck Exercise—Head Circling, Sleepy Ex.*—Stand with chest high and hands on hips or at sides. Drop chin against chest and make neck muscles as lifeless as possible as you exhale. Keeping neck muscles relaxed and as free from tension as ever you can roll head around to right on and on till chin comes back to starting point, at same time taking a smooth, gentle breath. Reverse movement as you exhale. Continue till head is rolled both right and left 4 or 5 times. If continued long enough it is almost sure to make you sleepy. Practice this and *Relaxing Ex. No. 28* just before retiring for sleeplessness. Combined with other neck *Ex. Nos. 6, 8, 22*, you have a full set of movements for neck development.

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#### SIXTH SET OF EXERCISES.

NO. 36.—*Shoulder Twisting and Arm Circling Exer-*

*cises.*—Stand with arms extended straight right and left, in line with each other and level with shoulders, thumbs up. On count *one*, without moving arms forward or back up or down, twist them and make as much of a circle as possible with thumbs starting downward. Reverse on count *two*. Continue 8 to 16 counts. Not a pleasant but very good ex. to help strengthen and develop shoulders and arms.

*Arm Circling.*—Hold arms and hands in same position as at beginning of last Ex. Keep arms, wrists and fingers straight, but make as large and complete circles with hands and arms as ever you can, starting front and up, then back, hinging at shoulders. After a half dozen or so of circles in this direction turn and go other way. This Ex. is fine but not very pleasant for shoulders.

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NO. 37.—*Rapid, But Full Deep Breathing.*—Stand as soldiers are required to do. See Ex. 1.

Expand chest and abdominal muscles suddenly while bringing hands up very quickly together above head at same time taking a full, deep breath just as quickly as possible thru nostrils. Hold breath a few seconds then exhale very slowly as you lower hands to starting points. Repeat three to five times. Now take breath very slowly while bringing arms up laterally till hands meet above head. Bring arms back to sides very quickly and suddenly exhale completely thru mouth. Repeat 3 to 5 times. If you have practiced foregoing chest and lung developing exercises of each set at least two weeks before going to next set, you will enjoy these and be benefitted by these, tho too heavy for beginners. *Take a Full Breath.* Let it go very slowly while counting aloud as many as you can up to 50 or more without taking more breath. Fine to give such control of breath that it is not wasted in singing or speaking.





Sink downward very slowly while bringing hands down laterally to floor and at same time exhaling as smoothly and completely as possible thru lips while squatting on heels. Rise slowly and raise hands above head while taking a deep, full breath very gently thru nostrils. This is another excellent Deep Breathing Ex. that has a beneficial effect on arms and legs as well, especially the latter. Four or five times will be often enuf to practice it at once.

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NO. 41.—*Double Hop Swinging Leg Ex.*—Stand on right foot. Raise left and extend it backward while hopping twice on right, keeping heel from floor. On counts *three* and *four* bring left foot to floor and swing right forward, keeping knee straight. Repeat 24 to 32 counts, rest and change by swinging right back and left forward same number of times as in first part. Rest and swing right foot directly to right on counts *one, two*, bring it to floor on counts *three, four* and swing left foot out to left, keeping knee straight. These exercises strengthen feet and legs and get up a good circulation in lower limbs. Should not be used if heart is weak.

---

NO. 42.—*Jumping and Relaxing Ex.*—Stand with weight entirely on balls of feet. Jump directly up while bending knees a bit and making arms and rest of body as lifeless as possible without falling. Repeat twenty or thirty times till you are thoroly relaxed. It is not well to jump more than an inch or two from floor unless you are very strong and vigorous. When by several trials you learn to do it right, you will find this Ex. a very good one to help you relax and get the tenseness out of muscles.

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#### SEVENTH SET OF EXERCISES.

NO. 43.—*Ankle Twist and Stepping Ex.*—Stand erect with hands resting against hips. On count *one* step directly out to right but twist ankle and turn heel out until

toe points directly towards stationary foot. Heel should not touch floor. Step back on count *two*. On counts *three* and *four* step left and back. Repeat 8 to 10 counts or more. Weak ankles are caused almost entirely by the *idiotic shoes* we are guilty of wearing. Throw them away, get common sense ones, practice these foot Ex. and get ankles strong again.

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NO. 44.—*Strong Knee Ex.*—Stand with hands on hips as in preceding Ex. On counts *one, two, three* and *four*, bend and straighten knees, keeping hands on hips. On count *five*, bend knees enuf to bring ends of fingers to floor and straiten up on *six*. Do same on *seven* and *eight*. In other words keep hands against hips as you bend knees and do Ex. twice to counts one, two, three, four. On next four counts bend knees enuf to enable you to touch floor with ends of fingers without bending body forward. A great leg Ex. for children and normal adults, but too strenuous for old people or invalids.

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NO. 45.—*Waist Pivoting.*—We are getting down to rather strenuous Ex., at least you will find this so. While resting hands on hips bend forward until back and legs are nearly at right angles. Turn right by twisting or pivoting at waist and sweep head and shoulders around in a large circle until they are brought back to starting point. Reverse movement and swing around in opposite direction. Repeat three to five times right and left. You are not expected to bend far backward. This is a strenuous but very effective waist strengthener and liver stimulating Ex. It may be too heavy for you.

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NO. 46.—*Stepping and Reaching.*—While standing with hands against hips step directly to right on count one while extending arms in line with each other on a level with shoulders, keeping them straight with palms of



hands down. Step back on count *two* and bring hand back to hip. Repeat 5 to 10 times in each direction. Another good exercise that strengthens legs, arms and side muscles. May be combined with deep breathing. Take breath as you step out and exhale as you step back.

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NO. 47.—*Deep Breathing—Flexible Ribs Ex.*—Rest palms of hands against lower part of chest right and left. Bend forward as you exhale and crush in ribs a bit by pressing hands against them quite firmly. Now inhale slowly, straighten up and expand chest as much as possible, without straining, just where hands rest. Repeat five to ten times. This is a very effective exercise to make and keep lower ribs flexible and active just as they should be to aid in deep, full, natural breathing.

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NO. 48.—*Spine Strengthening Ex.*—Stand. Lock hands behind head. Bend forward slowly at hips as much as you can and continue to bend back from there on up to neck to your limit, pulling head as near knees as possible and exhaling, as you go down, slowly and smoothly thru lips. Reverse movement and bring head back to starting point while taking a full breath thru nostrils of course. One of very best Ex. known to strengthen spine, but too heavy for most people till they work up to it slowly.

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NO. 49.—*Tensing Exercises.*—Stand. Rest left hand against hip. Slowly raise right above head while taking moderately full breath. Hold breath, close fist and tense it and arm while bringing fist to shoulder. Relax slowly and exhale. Repeat three to five times, change and do same with other hand. Practiced faithfully, this Ex. will in a few weeks add much strength to arm and hand. Never fill lungs to full limit in this Ex. After a few weeks practice both hands and arms may be tensed at once.



## EIGHTH SET OF EXERCISES

## RECLINING EXERCISES.

NO. 50.—*Single Nostril Breathing*.—When you awake in morning, turn on back, throw pillow from under head, place right thumb over opening in right nostril so that no breath may enter or escape from it. Exhale completely thru left, then take a full breath thru left, still keeping right closed. Now bring end of right index finger over opening in left nostril firmly enuf to keep any air from escaping while breath is pressed firmly down against ends of thumb and finger and held there for a second or two. Now, remove thumb and exhale thru right nostril slowly. Inhale thru same, hold and exhale and inhale thru left. Repeat 5 to 10 times. The very best thing known to keep nostrils healthy and prevent or cure catarrh.

NO. 51.—*Stretching Exercises*.—Now that you have had a few good, deep breaths in preceding Ex. and have got your nostrils cleared up and in good working order, try this stretching exercise next: Take a full breath, hold it, reach out right and left, close fists and tense them and arms firmly. Repeat two or three times. Now take another full breath, reach as far as ever you can with feet while tensing muscles of legs. Do it again. Everybody should have a few minutes' stretching, deep breathing and tensing Ex. before arising from bed of mornings.

NO. 52.—*Abdominal Breathing*.—In two foregoing Exercises you have prepared yourself well for this. While lying very lax and lifeless, take a full, deep breath very smoothly thru nostrils and at same time expand abdominal muscles as much as you can. Hold breath a few seconds, relax waist and abdominal muscles very slowly

and then draw them in very gently and as much as possible while pushing diaphragm upward and breath out. Repeat 5 to 10 times or oftener. One of best exercises a frail, weak person can take and quite as valuable for strong folks.

NO. 53.—*Back Strengthening Ex.*—The foregoing Ex. of this set can be taken by weakest and frailest people, yes, by invalids, with very great advantage, even where standing to take Ex. would be out of the question. This one is fine for constipation and weak back. While still lying flat of back bend knees and draw them up as near chest as possible while taking a full breath slowly. Hold a few seconds and exhale slowly, at same time straightening out legs. Repeat 3 to 5 times or more. Keep breathing in rythm with leg movements.

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NO. 54.—*Strong Back Ex.*—The last exercise can be done by people of average strength or even frail, weak folks, but this one would be too heavy till body is made ready for it by several weeks' Ex. and then I only recommend it for hearty, robust pupils. Lock hands back of head and raise feet very slowly till legs are at right angles with body, keeping knees straight, while taking a full breath. Hold a few seconds and exhale while lowering legs slowly. Rest a minute and repeat 3 to 5 times.

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NO. 55.—*Back, Arm and Shoulder Ex.*—Many people have learned to take all necessary exercises to keep them in good trim while lying on bed or carpet and these folks are not the laziest in the world, either. Lying as in preceding Exs. raise hands above head and let them fall on bed or carpet. Raise arms, head and shoulders suddenly and bend forward and touch or try to touch toes while keeping legs against bed and knees straight. Exhale as you double up and inhale as you straighten out. Repeat 3 to 5 times. If not too weak, good for everything nearly that ails you.

NO. 56.—*Last Ex. in Course.*—Turn on face. Draw knees up and put weight on them and hands,—arms straight. Swing forward and bring chin and entire body in fact, in contact with bed or carpet. Now rise on hands and knees again and swing back as far as you can while bending knees as much as possible. Repeat 5 to 10 times, resting a moment at end of each movement. Exhale as you go forward and inhale as you go backward. Exs. of this set, except last, can be practiced by nearly everybody to advantage. They tend to bring and keep all abdominal organs in place.

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NOTE: Excepting this set, all exercises in this Chapter should be practiced outdoors or in well ventilated rooms. Let me caution you again not to overdo them. I used to overdo these and other Exs., and pretty nearly knocked myself out before I learned just what was safe and profitable training for me.

I wish you the great good that has come to me from systematic training and if you follow directions carefully, I know of no good reason why a large percentage of my readers should not get it.



## CHAPTER IX.

### Right Habits of Thinking

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#### THE FIFTH ESSENTIAL OF PERFECT HEALTH IS RIGHT HABITS OF THINKING.

Unless the reader is of a studious disposition and has spent considerable time in noting the effect of his or her Thots and resultant *Feelings* on the body, the above statement may be questioned, but to those who have followed the ancient injunction to "know thyself," it will be perfectly valid.

If you have studied the preceding chapters until you *know* what they contain, you are aware of the fact that I insist that *Fresh, Pure Air Continually and Right Habits of Breathing Are the First Essentials of Perfect Health, That Rights Habits of Eating and Drinking Are the Second and Third Essentials and That Right Habits of Exercising Is the Fourth.*

A little reflection on your part will convince you that the treatment of these *Health Essentials* so far is in a logical order.

The Air, Food and Water furnish the building materials of the body and when they undergo the necessary changes and are absorbed into the blood, exercise greatly



aids in carrying this enriched stream of life to the minutest cells and tissues of the body that are in need of repair.

It Has Been Proved Over and Over by Scientific Experiments in Recent Years That the Breathing, the Digestion of the Food, the Circulation of the Blood, and the Secretions of the Various Organs of the Body Are All Powerfully Influenced by the Kind of Thoughts Held in the Mind. *All Good, Kind, Pure, Peaceful, Pleasant, Contented, Happy, Optimistic, Loving Thots Have a Good Influence and Are Favorable to the Best Action of Every Vital Organ of the Body, While Every Mean, Unkind, Impure, Disturbed, Dishonest, Discontented, Unpleasant, Unhappy, Pessimistic, Hateful, Angry, Worry or Fear Thot Has a Depressing, Disturbing or Deranging Effect on All the Vital Organs and Health and Life Forces of the Body.*

*"Is that SO"!*

It certainly is, and a great deal more is "so" concerning the effect of our thots on our Health than is enumerated in the foregoing paragraf or is generally believed.

*Yes, it is a fact that none of us can escape from, that our thots and feelings have a powerful influence on our Health.*

Every thot that disturbs the mind also tends to disturb the Breathing, the Digestion, the Circulation, and all other vital processes upon which Health and Life depend, while every thot that brings peace and contentment has a soothing, healing, energizing effect on every organ of the body that has anything to do with the Health and that is about all, if not every one of them.

The brain is connected with all parts of the body, from the crown or top of the head to the ends of the fingers and toes, by the Spinal Cord and the great network of nerves that thru their hundreds and thousands of minute branches are distributed to every organ and every other part of the system.

All the organs of the body are under the immediate control of the nerves that are distributed to them, and as all these nerves are directly or indirectly connected with the brain, therefore it follows that whatever affects the brain will also affect the entire nervous system, and whatever affects the nerves will also affect the organs and parts of the body to which these nerves are distributed.

Now, we think mainly if not entirely with the brain. The brain is undoubtedly the seat of all conscious thought, and all conscious thought has a direct influence on the brain and nervous system that is connected with it, and through the latter on every organ of the body.

If you will study your thoughts and feelings just a little you will soon discover that all pleasant, happy, courageous, optimistic, kind and loving thoughts make you feel good, as we say. The good effects of thoughts of this kind begin in the brain and through their peaceful, soothing, harmonizing influence there, are telegraphed over the nervous system to all the organs of the body and this message of harmony from headquarters,—the brain,—stimulates and encourages every one of these organs to do their best work and perform their functions properly,—just as God and Nature intended.

On the other hand when we allow *Anger and Worry and Fear and Hatred and Jealousy and Strife and Pessimism, Etc.*, to dwell in the mind, the brain is quickly influenced and the news of this turmoil at "Central" is rushed with lightning rapidity over the nerves to all the organs of the body, all of which are disturbed by the unpleasant news and *some of them actually go on a strike* out of sympathy with headquarters and refuse to perform their accustomed duties until harmony reigns in Central—the Brain—again.

I hope I have made it clear to you in the foregoing Paragraphs and pages just why I insist that "Right Habits of Thinking Is the Fifth Essential of Perfect Health."



In fact, the Health of the body is so greatly influenced by our habitual thots and feelings that I am not sure but I should have put "Right Habits of Thinking" as the First instead of the Fifth Principle of Health. For if we thought *right* about all our habits upon which not only our Health but our welfare in all other respects depends, we would be inclined to get all these habits as nearly right as possible, would we not?

*Surely the Creator Intended That We Should Live in Peace, Harmony and Happiness in This World or He Nerer Would Have Put Such a Penalty on Strife, Discord and Inharmony.*

Why, it's a well known fact that a violent fit of Anger upsets the digestion, deranges the heart and lung action, poisons the blood and sometimes brings on instant death by inducing apoplexy or heart failure.

*Many a Mother* has poisoned her babe and thrown it into a fit or convulsions by allowing it to nurse at her breast after having poisoned her milk by a fit of anger. *Jealousy* has fully as bad effect as anger and many claim that it is the cause of cancer. *Anger, Hatred, Worry, Fear* and *Jealousy* are the most common destructive feelings entertained and are all very disastrous in their effect on the Health of both mind and body. They are all induced by our thoughts. Of course you know that we choose our thots or permit them to dwell in our minds from minute to minute, hour to hour or day to day and are therefore directly responsible if we allow those that have a bad effect to dwell with us.

*We Must Acquire Self Control and Cast Our Mental Enemies Out of Our Minds and Consciousness if We Would Make Conditions the Most Favorable Possible for Nature to Get in Her Beneficent Work and Make and Keep Us Perfectly Well in Body and Mind.*

*Anger* may pop into the mind in a second when we are off our guard, and no matter what stirs up this feeling it

always has its bad effect on the body, especially when violent, frequent, or when allowed to dwell with us for any considerable length of time.

I remember many years ago when I was a school teacher of telling my pupils that *Five Minutes* was long enuf to be out of humor or angry at anybody or anything, and I am still of that opinion. I sometimes lose my temper, like the rest of you saints, when off guard, but *I Simply Will Not Go Around With My Lip Hung Down, Brooding Over Something That Has Gone Wrong and Can't Be Helped, or Planning How to Get Even With Someone Who Has Done Me Some Real or Fancied Wrong. I Know Too Well the Effect of Anger on the Body and I Prize My Health Too Highly to Do That*, even if it had no other bad results. *Hatred* is a steady, prolonged stream of *Anger* directed towards some individual or class of people or something else that we are not in harmony or simpathy with, and is *exceedingly injurious* to the *Health of him or her who entertains it*. It makes absolutely no difference whom or what you hate, whether it be the *Ex-Kaiser*, the *Devil*, the Iniquities of Mankind or *Someone Whom You Ought to Make Friends With*, the disastrous effects on your body are the same.

I am fully convinced that a person who nurses *Hatred* in the heart day after day is gradually but surely undermining the Health and *when the Health is once shattered that its restoration is out of the question so long as Anger and Hate have a prominent place in one's thots and feelings*. Go out behind the house now and kick yourself, or ask some friend to do it for you, for being so foolish as to *hate anybody or anything else*.

Worry! Worry! WORRY! Multitudes of people do this from morning till night and then put in all the extra time that they can steal between the maps of their disturbed, broken sleep at the same, useless, unhealthful occupation.



*This unnatural, unprofitable, abnormal, insidious, depressing, paralyzing, Peace-and-Health-destroying habit, like Anger and Hatred, must be gotten rid of by him or her who wishes to bring both body and mind to their very best and most efficient condition and keep them there.*

Like the two preceeding Health-destroying habits that we have just considered, Worry deranges the normal action of the brain and nervous system and thru them interferes more or less with the healthful activity of every vital organ of the body and *the very best of Health can neither be maintained nor regained while this habit is allowed to dominate the individual.*

Thousands and thousands of worthy people, yea, even the *educated, cultured, religious classes*, have fallen into this unprofitable, time-wasting, soul-mind-and-body-depressing-habit and would gladly escape from its toils, *but don't seem to know how to do it.* Now I used to worry as much, I dare say, as any of you, but am at present and have been for many years, practically speaking, free from the habit and wish to assure you that you can break its fetters and regain your freedom, too. *Many people tell me that they can't keep from worrying,* but I know that any one who has ordinary control of the mind can do so. Why, it is just as easy as falling off a log! All you have to do is to quit thinking about the things that worry you. "But how can I quit thinking about the things that worry me?" you may ask.

*By Using Your Common Sense, Changing Your Thots and Thinking About Things That DON'T Worry You.* "Why, that looks easy," you say. Yes, it is easy, and the rule will work in every case where it is earnestly tried.

When worry thots come trooping your way, just side-track them by throwing the main line of your mental current wide open and keep it open **ONLY** for pleasant thots, cheerful thots, kind thots, clean, pure thots, encouraging thots, helpful thots, happy thots, loving thots,

what's-the-use-of-worrying-thots, I can-and-will-control-myself-thots, and a good-God-Reigns-over-all-and-will-give-us-all-a-square-deal-thots.

*Why, My Dear Self-Distressed, Worrying Friends:* There are hundreds and thousands of antidotes for worry that you can invite into your mind and which when held there habitually *will Knock the Worry higher than Gilroy's Kite.*

**WILL YOU DO IT, or Will You Hold on to the Useless, Time-Wasting, Nerve-Depleting, Energy-Sapping, Wrinkle-Producing, Health-Destroying WORRY HABIT** until you have wrecked your Health, soured your disposition, driven away your friends, destroyed your happiness and greatest usefulness in life, and cast yourself on the scrap heap of human failures? Will worry actually do all that for the victim?

Aye, verily, and even worse things often result from it. It has driven thousands and thousands into *Insanity and Suicide* and when we stop to think about it we know that it is absolutely useless and has never done anyone under any circumstances a particle of good, but always more or less harm, from Adam's day down to the present time.

A man's religion, if he has any, ought to safeguard him against this direful habit, but it's a noticeable fact that religious folks seem to worry quite as much as the "unregenerate."

Plenty of Good Hard Work, Either Physical or Mental or Better Both, is a great antidote for worry. A congenial occupation that fully occupies the mind six, eight or ten hours a day does not leave much room for worry to creep in and drive contentment out.

It's a well known fact that many inmates of Old Folks' Homes and other charitable institutions have lived to a ripe old age, and this is ascribed to their freedom

## THE WAY TO HEALTHFUL LIVING

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the "Blessed Dead" of the "Blessed Dead" prove it to you if I

had the space in the limited pages of this book to give my reasons for holding this belief. Many wars even can be traced to Fear.

*The Boil-Afflicted Prophet, Job, said: "The things that I greatly feared have come upon me,"* and whether he was aware of it or not, he stated a psychological fact, according to modern investigators, who tell us that we put ourselves in a receptive mood and *actually attract* to us "*the things that we greatly fear.*"

I learned the *Danger of Entertaining the Fear of Disease* a long time ago and for a quarter of a century or longer I have simply refused to harbor that *Lying Deceiver* when he has tried to find a lodging place in my mind.

*A Knowledge of the Laws of Health and the Consciousness that you are Living in Harmony with Them is the Best Antidote for the Fear Thots that Invite Disease; but if I Did Not Have This Knowledge I Believe I Would Have a Better Chance of Escaping Any Contagious Disease by Refusing to Be Afraid of it than the Fellow Who Had Such Protecting Knowledge and Lived Up to It Except That He Allowed the Demon Fear to Enter His Mind and Reduce, Derange and Even Paralyze the Resisting Powers of the Body. That's how dangerous I think the Fear of Disease is, and I warn you that you are taking great chances of contracting any ailment or serious disease even that you brood over and are much afraid of. "The things that I have greatly feared have come upon me." Yes, Job, and the same things have happened to the people by the millions all down the ages, and are still happening and will continue to do so just as long as we allow Fear to Reign in our lives and Rule over Us.*

I remember part of an Eastern Allegory that runs about life this: A Traveler met the Plague coming out of the city of Bagdad and accosted him thus: "You have



wrought sad havoc in that city, I hear," said the Traveler. "Oh, no!" replied the Plague, "I only killed one-third of those that died. *The Other Two Thirds Died of Fright.*" Now, what do you think of that?

You may laugh at the idea that your thots and feelings have anything to do with your Health in either inducing or warding off disease, but if you do, it is because you are not informed along these lines. There is too much reliable data at hand to prove that this is the case for any honest investigator to longer doubt that *The Mind Has a Powerful Influence on the Body.*

You probably know of instances where people have been "scared into fits" or even frightened to Death, don't you? I know of several cases of each and have heard or read of many more.

*Fright* is instantaneous and violent Fear and has Killed many and many a person as quick as a bullet, and you know both *Fear and Fright Affect the Body thru the Mind*, don't you? Of course you do. If you ever experienced *Great Fright or Terror* you probably remember how agitated you were. How your heart jumped, thumped and fluttered, how violently you breathed or maybe could scarcely get your breath at all, how the cold perspiration broke out on your forehead, your knees felt too weak to sustain your body, how you became sick at the stomach and your hair seemed to raise your hat and stand on end, etc. Then when it was all over don't you remember how nervous you were and what a violent headache you had?

If Fright or Terror—the extreme and sudden form of Fear—has such an immediate effect as this on the body, how often would they have to be repeated to make of the victim a physical wreck? *Any One Who Deliberately Frightens Another, Especially a Child, Is Guilty of a Flagrant Misdemeanor and May Have Done the Victim An Injury That He or She Will Not Recover From During the Remainder of This Life.*

You always carry a word of good cheer, and encouragement when you visit sick folks, don't you? If you have not habitually done this in the past, you may have done a vast amount of unintentional injury to the poor, helpless sufferer by depressing his or her mind with *your discouraging, pessimistic, soul-withering, hope-destroying Thoughts and Suggestions that in numberless instances have prolonged disease and even prevented recovery at all.*

If sickness should ever invade our home (which I am not *expecting* it to do), and some *friend* (?) would come in and begin to rattle off a string of *discouraging words and suggestions* something like this in the presence of the sick or even other members of the family, what do you suppose I'd do? "My, how bad you look! Goodness! I did not expect to find you in such a fix as this! When did you get sick? *Only night before last!* Why, you look like you had been bedfast a month! What does Dr. Green say is wrong with you, anyhow? Fiddlesticks! He does not know what he is talking about. *'Acute indigestion caused by eating too much fresh pork, sauer kraut and baked beans.'* Nonsense! It don't make any difference what you eat, when you eat, how much you eat or how you eat it, it just seems that sickness will come. Why, at our house some of us are sick half the time and the rest of us half sick all the time, but we don't take any stock in these *new fangled notions about keeping well*, and we are sure that the vengeance of the Lord will fall on them that hold to any such heretical doctrine.

"We hold to the good, old orthodox notions that when the Lord wants us to be sick, He makes us sick, and when He wants us to be well, He makes us well.

"Now you know that there is nobody in this neighborhood that tries harder to do the will of the Lord than we do. We go to church and Sunday School every Sunday when we are able to get there, but when Mr. Doleful and I happen to be well enuf to be out—which is not often

"In the meantime—some of all the children are just sure to be dead, as we don't get to attend public worship very often, and I don't know how to make them any more miserable. I feel I just will go out and say good-bye to my dear friends and do all I can to comfort them up and call them with my counsel and advice, and if the worst comes to the worst, we want to have the blessed family hear the clashing of the door."

"No! no! Green thinks you only have an attack of indigestion, does he?" "I'm sure he is mistaken, for I've had that indigestion many a time myself, but it never knocked me over like this."

"I have had so much experience with sick folks in this neighborhood for the last thirty years, as well as in my own family, that I can tell nearly every time just what ails them about as soon as I see them, and learn their symptoms, and from what you say, Mrs. F. (I hate to tell you but I believe in telling my nabors and friends just what I think ails them when they get sick), I believe you have either Gall Stones, Cancer of the Stomach, Appendicitis or an Abscess on your Liver, and if I were you, I'd have my husband dismiss Dr. Green and call in Dr. Barlow at once and have him come prepared for an operation here at home, as you know you are too weak to go to the hospital. Of course you ought to have had him in the first place, as it may be too late for an operation to do you any good, but I'd advise you to have it anyway and if it's the *Lord's Will* for you to go now, of course all your friends will hate it mighty bad, but it will be some satisfaction to have Dr. Barlow cut in and find out just what killed you. Good-by!"

"I must be going now. There are some other sick folks I feel it my duty to call on before night. I feel so sorry for you and your poor little children. Good-by!"

*Exit Mrs. Doleful, and the patient immediately grows Worse.*



What would I do if anybody came in and talked like that to my sick wife or any other member of my family?

Just as soon as I got a line on her discouraging, depressing, *dangerous* (tho false and ignorant statements), I'd show her the door and tell her never to come into our house again when there was sickness until she could come with a pleasant smile, a cheerful word and a hopeful suggestion of speedy recovery.

Let us suppose that I came in just as Mrs. Doleful left and tho I had been gone only two hours, I found my wife very much worse, and on inquiry learned the cause of it all. While seated by the bedside trying to undo the mischief that had unwittingly been done by Mrs. Doleful there was a rap at the door and Mrs. Goodcheer was admitted. "I am mighty glad to see you, Mrs. Goodcheer," I said.

"Just step into Mrs. F's room. I'm sure she is in safe hands when you are here, and as I have a bit of writing to do, I'm going to request you to keep her company till I am thru."

So I enter an adjoining room and listen attentively to the following conversation and note carefully just how Mrs. Goodcheer handles the case, and the effect that follows, as I have for many years been deeply interested in the Science of Suggestion, and have heard that Mrs. Goodcheer is an adept along these lines and has had wonderful success in helping sick folks back to Health, and sometimes does this so quickly that it seems almost miraculous.

As I listened to what was said I wrote enuf of the conversation to reproduce it practically word for word later. It ran as follows:

"Good afternoon, Mrs. F. How are you?"



days, I heard, and your cook told me as I came in that you had not tasted food during that time, but had been drinking plenty of water.

Now that's right. Don't be afraid to trust Nature. When your stomach is in a condition to digest food, Natural Hunger will call for it, and it will not distress you in any way. Let me see your tongue. Why, it is almost clean now and I'm sure it will be entirely so by morning. I'll tell the cook as I go out that she may expect you at the breakfast table with a fine appetite tomorrow morning.

"By the way, the Foreign Missionary Society meets at my house tomorrow at 3 p. m. to consider what can be done to insure better Sanitation Among the Hindoos, who are reported to be dying by the thousands simply for lack of Knowledge of the importance of Cleanliness and other Natural Means of keeping well. I am sure you will be well enuf to be present and the ladies will expect you to say something on this important subject.

"Now, goodbye, Mrs. F. Remember, we will all expect you at the meeting tomorrow afternoon."

And when I entered the room a few minutes later I found Mrs. F's headache and fever entirely gone, her pulse firm and steady and no traces left, so far as I could see, of the adverse suggestions given her by Mrs. Doleful. Had these destructive suggestions been left in the patient's mind, they might have proved fatal, as they have been known to do in thousands of cases, but thanks to Mrs. Goodcheer's skill as a Suggesto-Therapist they were completely routed and the next morning the patient was at the breakfast table with an excellent appetite, walked to the Missionary meeting a mile away in the afternoon, and looked and felt as tho she had never been sick in her life.

The reader will likely say that I have drawn too heavily on my imagination in trying to show what suggestion

STAYING IN THE SADDLE among  
the stars from 25  
degrees above the wind,  
and the Wind, Fear, Jealousy,  
and the Sins of the Tongue from  
the West. That We Are All Men-  
talists, and the Mental or Psy-  
chic Science, etc. etc. These Peo-  
ple are the "Gospel of the World". We Live  
in a World of Mental Laws, All  
that is in our Mind is We Would  
be the "Gospel of the World" to a Ripe

and a Ripe

## THE SUGGESTION

Manufacturers Got Onto This  
and They Have Sold Millions and  
Millions of Dollars Nostrums by Writ-  
ing of Various Ailments in Such  
a Way that They Reading About the  
Suffering We Feel Sure We Have it,  
and go to Drug Store and Procure the

you how to do this, but before we go further on this line, let us finish up the matter now before us.

*It's Dangerous to Read or Talk or Think About Disease Just As It Is Dangerous to Read or Talk or Think About Crime. Virtue was never promoted in any such way, but Much Crime Has Resulted from the Highly Colored, Often Fascinating but Insidious Description of All the Deviltries of the Day in Almost Every Daily and Frequently the Weekly Newspapers of the Country.*

Crime Will Be Rampant in the Land Just As Long As It Is Given the Prominence It Now Has in the Public Press of today. It's Due Largely if Not Entirely to a Diseased Imagination Which Is Developed by Gloating Over the Juicy or Revolting News from the Cesspools of Human Iniquity and Degredation. Yes, Crime Is Often Induced by Reading and Talking About it, and So Is Disease. Both Frequently Come as a Result of Suggestions That Are Received While Reading or Talking about them.

Another reason it is dangerous To Think, Talk and Read About Disease Is That Thot Is Creative and Tends to Produce, Yea, Actually Often Does Produce the Disease in the Body That Is Feared to Be There, Thot to Be There, or Imagined to Be There.

You may doubt this, but I have stated to you some of the cold facts that have been proved over and over again and again by hundreds and thousands of students and experimenters in this new field—*The Science of Suggestion.*

*But the Mind Can Create Health in the Body Just the Same As It Can Create Disease. This Is Done by Refusing to Brood Over the Diseased Condition of Any Organ and When You Think of the Body at All, Think of It As Being in Normal Health or Daily Approximating That Desired Condition. Gee! but I'm giving you information in this little book that will be worth thousands*

**You**  
**are**  
**the**  
**Real**  
**Is**

1.  $\frac{1}{2} \frac{d}{dt} \int_{\mathbb{R}^n} |u|^2 dx = \int_{\mathbb{R}^n} u \Delta u dx$   
 2.  $\frac{1}{2} \frac{d}{dt} \int_{\mathbb{R}^n} |\nabla u|^2 dx = - \int_{\mathbb{R}^n} |\nabla u|^4 dx$   
 3.  $\frac{1}{2} \frac{d}{dt} \int_{\mathbb{R}^n} |u|^4 dx = 4 \int_{\mathbb{R}^n} u \Delta u |u|^2 dx$   
 4.  $\frac{1}{2} \frac{d}{dt} \int_{\mathbb{R}^n} |u|^6 dx = 6 \int_{\mathbb{R}^n} u \Delta u |u|^4 dx$   
 5.  $\frac{1}{2} \frac{d}{dt} \int_{\mathbb{R}^n} |u|^8 dx = 8 \int_{\mathbb{R}^n} u \Delta u |u|^6 dx$

1. The Commission has  
2. the right to  
3. the right to  
4. the right to  
5. the right to

1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.



*Misery, Failure, Premature Old Age, and Death* before the fortieth mile post on the journey of life is reached.

Relieving the Creator of the responsibility for the great difference that is noticeable on every hand as to the Health and Disease, the Happiness and Misery, the Success and Failure, the Length and Shortness of Life, and other conditions that make this existence either pleasant and satisfactory or disagreeable and disappointing,—thinking people will account for these common occurrences in some other way.

My! That was quite a little sermon, wasn't it? I sometimes think I was cut out for a preacher anyway, but now back to

## THE INFLUENCE OF THE MIND ON THE BODY.

*Any Organ of the Body Can Be Disturbed or Hindered in Performing Its Natural Healthful Functions Properly by Centering the Attention on It and Fearing or Believing That It Is in an Unhealthful or Diseased Condition; and if This Kind of Thinking Is Kept Up Long Enuf the Disease Imagined and Feared Is Often Created by the Powerful Influence of the Mind on the Body. Any Organ of the Body That Is Functionally Deranged or Actually Diseased (unless too far gone) Can Be Brought Back to Normal Action and a Healthful Condition Thru the Powerful Influence of the Mind,—When Other Conditions Are Favorable,—by Persistently Suggesting That the Said Organ Is Sound and Healthful or Is Daily Becoming So. Every Time You Think of It.*

These two last statements should make it clear to you why I warn you against reading about disease, talking about disease, or thinking about disease if you would preserve your Health or regain it if lost.

I believe that the reason so few people ever fully recover from any *Chronic Disease* is because they are for-

ever *thinking about it* and eternally *talking about it*, if they can find any poor unfortunate soul that will listen as they dole out their tale of misery and recount in the minutest detail every ache and pain that they patiently keep tab on every day in the week. People who spend much time "feeling of their feelings" and talking about them to others are sure to feel bad enuf much of the time.

*To Get Disease Out of the Body You Must First Get It Out of the Mind.*

Just say *Scat!* to your aches and pains and refuse to coddle them, or brood over them, or talk about them, or fear them, or believe that they indicate that there is anything in particular wrong with you, and you will soon note with great satisfaction that they are letting up one by one and slinking back into the *Dark Corners of a Diseased Imagination* that probably gave them birth. *Brace up, Brother or Sister and Swat Your Misery a Knock-Out Blow by a Strong Determination to Oust the Vampires of Disease That Have Fastened Upon You, and Reinstate Your God-Given Right of Perfect Health Again. This Leads Us Up to the Consideration of*

#### THE WILL POWER AND HEALTH, or THE WILL TO BE WELL.

If the idea that you can ward off disease when well or free yourself from it when in its clutches by *Suggestion is new to you*, you are very apt to say there is nothing in it and dismiss the whole matter from your mind as unworthy of your further consideration just as thousands of others have done. But other thousands have proved to their full satisfaction that *The Right Kind of Suggestions Firmly Impressed on the Mind and Left Undisturbed by Doubts and Fears or Counter Suggestions of Any Kind, Are Among Man's Most Valuable Aids in Warding Off Disease or Freeing Himself from It When It Has Fastened Its Fangs Upon Him.*

If I have not convinced you that Suggesting Health to yourself is a powerful aid in helping you to retain it or regain it, and that suggesting *Disease* or being afraid of disease is a powerful factor in producing it, perhaps you will agree with me that THE WILL has a lot to do in making us well and keeping us so.

Frail, weak, diseased people often have but little *Will Power* while robust, strong and healthy folks usually are noted for strong wills. The latter class does not give way to every ache, pain or suggestion of disease that comes along, while the former class as a rule is apt to do this.

*It is probably true that the Human Will is able to ward off or conquer any disease that threatens or invades the body. There are many instances of people who were actually dying, who when they realized what was happening to them, Simply Determined That They Would Not Do It, and Didn't. They Met and Conquered Single Handed the Grim Monster—Death—by the Mighty Power of a Determined Will. I have personally known of a few cases of this kind, read of many others and heard of several more in various places where I have lived. If the Will Power of a Determined Man or Woman has actually been able at times to rout man's last and worst enemy—Death—in a hand-to-hand and face-to-face fight, what may it not be able to do in warding off and curing the diseases that are forever harassing and tormenting humanity?*

*Make up your mind firmly that You Will Be Well and Refuse to Longer Allow the Tyrants Disease, Weakness and Suffering to Torment and Rule Over You.*

In doing this you will be giving yourself the most Powerful and Helpful Auto- or Self-Suggestion Possible and if along with this "*Will To Be Well,*" *my readers will get in harmony with the other Laws of Health, Nine out of Every Ten at least, will get satisfactory results.*

I believe it will be interesting and possibly helpful to some of my readers if I give my own personal experience in regarding and beribbling my own Health, when as a mere boy in my teens it seemed that I had lost it forever. So I will proceed to do it. *But first a bit of family history.*

I was born and raised in the hill country of old Kentucky, where large families were and are yet, the rule and where from six to ten children in one home was and is no uncommon occurrence. They believe that the Biblical command to "Be fruitful and multiply" is still valid and in that country you rarely see a woman coddling and fondling a possible dog. *They prefer Kids, and many of them.* My parents were unusually prolific and brought forth *Seven Sons, and five* companionship and other reasons gave each son *Nine Sisters*. I was the last and seventh son of the family and the fifteenth arrival among my brothers and sisters.

My father was a strong, hard working, honest people, loving, high spirited fellow who knew them.

My mother was a large, strong, unusually healthy man of excellent character. He habitually ate only the plainest, simplest food, and I never knew of his eating to excess. His *Version of the Bible for Food and Drink* had been his constant guide and safeguard all through his long years, and as I remember in his latter days a little rheumatism was the only sickness he experienced what sickness is. He died at the age of 80, and his *Natural Death* at the time was a surprise to all.

My father was so healthy that there was no particular reason for making the last days miserable. He was so strong for a few days and he fell sick and died. *My contention is that this use is Unnatural, is*



*foreign to man's nature and comes only when the Laws under which he lives have been transgressed. Yes, that's what I mean. After making due allowance for Heredity and Accident, the only Natural Death is that which comes at the end of a long life and it comes without disease or suffering. The good man or woman simply goes to sleep and forgets to wake up. Drops, just as a ripe apple does when it has come to full maturity.*

*My Mother* was a small, apparently frail woman, but had wonderful endurance and recuperative power. Mother and father were married when she was only fifteen years of age and he twenty-two.

As I look back over it now it seems almost impossible for any woman to take care of all those boys and girls, to mother them, to cook and wash for them, to put them to bed and get them up, to make all their clothes and weave all the cloth with her own hands from which their clothing was made, yes often taking the raw materials, wool, flax and cotton, and preparing it for the loom herself. Make the garden and raise chickens, geese and turkeys, look after the stock and oversee the farm when father was away from home, (and that was much of the time, as he was not only a farmer, but a carpenter, a blacksmith, a wagon maker, a cabinet maker, and a surveyor, *and a top notcher in all of these, except farming.*)

My mother not only found time to do all the foregoing things and do them well, but was such an expert with the scissors and needle that she was called upon to cut and make the Sunday clothes for a lot of the best dressed men of the naborhood. And then she was the family doctor and during the summer and fall collected various herbs and roots (*none of which were poisonous, mind you*) to be used to make teas and other remedies for us children when we were sick in the winter, and she was almost always successful with these simple, harmless remedies in putting to rout any ailment that came our way.



But there were no dentists in that part of the country at that time to help the people take care of their teeth and my mother with many others suffered as a consequence.

You may laugh at the idea that a good set of teeth might add twenty years to one's life and insure excellent *Health* to the end, but lots of other folks with as much brains as you have think that when they (the teeth) are properly used, it is not unreasonable to expect that such results might follow, especially when other living habits were approximately right, as was the case with my mother.

I have given you this little bit of family history because I wanted you to know something of my parentage so that you might better judge to what extent the Good Health which I continually enjoy is due to *Heredity* and *What to Habit*.

Now,—without boasting of it,—I believe that if you are posted on the matter of *Heredity*, you will agree with me that mine is favorable to *Health, Strength and Long Life* and of course my brothers and sisters were likewise blessed.

*But my six brothers and four sisters are dead and all died long before they reached my present age, except one brother and one sister, and I Fully Believe that My Body Would Have Been Slumbering in the Silent Tomb These Many Years Had I Not Learned How to Take Better Care of My Health than My Brothers and Sisters Knew.*

My Case Is As Follows: Up to my twelfth or thirteenth year I went to school on an average I believe of about three months a year, and took very little interest in anything that transpired there excepting the jolly good times we had, so I had about nine months in the year to get acquainted with the great outdoors and I would not change the practical, helpful Knowledge that I gained there if I could, for all that might have been taught

me in the best equipped, most up-to-date school in the land that kept me penned up nine months annually, breathing the stuffy, impure, Health Destroying, Disease Breeding air that is generally found in the best of them, and *worrying over books, lessons, examinations and promotions*, none of which ever bothered me in the least in childhood's happy days out in the woods and fields, where I attended Nature's School.

I am profoundly sorry for the children who to a great extent are cheated out of their play and much of the enjoyment of childhood by the worries and burdens the schools impose upon them. It will not always be so.

I was a rollicking, happy-go-lucky, care-free and (except for such ailments as colds, sore throat, ear and stomach aches now and then) healthy boy. But in my twelfth or thirteenth year I became interested in books and the things that usually pass for education, and applied myself quite diligently to lessons and outside reading from then on to my seventeenth year.

That fall I had a breakdown and had to quite school and stayed out two years because of my Health, or lack of it, rather. I had a bilious attack, and later on became quite nervous and my heart got wobbly or irregular in its action and this alarmed me very much.

Of course I went to the doctor and he prescribed drugs that he thot would soon fix me up all right, but they didn't, and my heart behaved worse and worse. I had not learned then that *we aggravate the symptoms of any disease by thinking about it, brooding over it or being afraid of it*, as I have explained further back in this book.

As my first doctor failed to help me out after a few weeks' trial, I went or was sent to another and met with no better results under his care and changed again.



My third physician frightened me still more by telling me that it was *dangerous for me to walk, work or exert myself* in any way whatever on account of the weak and irregular heart action, and I was very miserable indeed. Those were gloomy days for an ambitious boy that wanted to prepare himself for some useful work in the world. To add to my chagrin and misery another misfortune came my way.

I gradually lost my eyesight to such an extent that I could not see to read and so there was nothing left for me to do those long, gloomy, winter days but sit around and brood over my almost hopeless condition.

My heart sure did cut up at a great rate,—thumped, fluttered, and then missed beats or seemed to cease action entirely. *You bet your life I was scared!* Why I spent most of my waking moments for more than a year with my hand over by heart attentively watching that badly deranged organ, and *fearing that if I didn't give it my constant personal attention, it would cease to function at all.* It's a thousand wonders that I did not kill myself by adverse suggestion, but a descendant of the hardy mountaineers of West Virginia and Tennessee is a tuff proposition and can stand a great deal of either mental or physical abuse and still survive.

So I held on with now and then a ray of hope that Dr. A——, whose medicines I took faithfully three or four times a day for ten months, would bring me out all right, *but he didn't.*

Much of the time while under him I was in deep despondency and more than once went to bed fearing that *I might wake up next morning and find myself dead*, but here I was doomed to another disappointment. Indeed those were gloomy days, and I dislike to recall them and especially do I dislike to write about them, and its only with the hope that I may make this book of greater help to some others that I recount my experiences here.



Whoop! Hurrah! Here was something new and decidedly different to think about, and the idea that there was a chance *for me* and other folks to get well and stay well without the use of poisonous, bad smelling, worse tasting, nauseating drugs, took full possession of me and I began at once to put into practice the things, as best I could, that my new advisers taught me were my surest hopes for bodily salvation. Of course I made a regular nuisance of myself in the home, trying to convert all the other members of the family to my new ideas, and our neighbors and friends as well.

I was soon dubbed "*crank*," a compliment which has been applied to me, (with diminishing frequency, however), from then till now. I never objected to the term very much, as I learned many years ago that it meant someone who dared to think or do something different from others, and the idea of being a sheep and following a belled wether never appealed to me.

Yes, they called me *Health Crank and Fanatic*, but *I got well while many of them* who used to laugh at me for my "silly, cranky notions" about Health have been dead and slumbering in Abraham's Bosom or somewhere else for (low) these many years, while I am still enjoying excellent Health, and barring accident, feel that I have splendid chances of living to the ripe, healthful old age that my father attained and probably go a good many years beyond that. But there would be nothing attractive to me in trying to live to a great age, were I not convinced this can be done without becoming diseased, decrepid or a burden to somebody else. *These Are All Unnatural Conditions Due Principally to Wrong Habits of Living.*

It's now just about a third of a century since I was converted and got started on *Nature's Highway to Health*, but "my conversion was thru and thru," as they used to say in the old fashioned Methodist camp meetings and in

all that time I have never consulted a physician but once, and then only to have him remove an accumulation of wax from my ear which was so deep in that I could not get it out. Neither have I resorted to patent medicines nor drugs of any kind only on two occasions. Once, about twenty-five years ago, when traveling with a friend, we both contracted a cold. He procured two doses of quinine, took one and to please him I took the other, and have regretted this back-sliding or side-stepping ever since.

On the other occasion I was experimenting with "sauts baths" and the thought came to me, "why not take a dose?" *I did so, and am sure that the one dose will last me for a lifetime.*

My wife was a pupil of mine before our marriage and of course fully converted to my ideas of *Healthful Living, the Natural Cure of Disease, Etc.* We have two healthy, happy little boys that have never had a baby tea nor dose of medicine of any kind in their lives and it's our belief that we can bring them up to manhood without any serious sickness ever coming their way.

#### TO SUM UP WOULD SAY:

I regained my Health by Turning My Case Over to Nature and Trusting Her Implicitly.

*But how did I do this?*

By making the Conditions Favorable for Nature to Make Me Well.

*And how did I make conditions favorable?*

By Getting in Harmony With Her Physical and Mental Laws.

*And how was that done?*

**Simply by Regulating My Daily Habits of Breathing, Eating, Drinking, Exercising, Thinking, Sleeping,**



Bathing, Etc., So That Nature's Requirements Were Fairly Well Met in Each. When This Is Done Nature Will Do All the Rest in a Big Majority of Cases in Making and Keeping Us Perfectly Well.

## CHAPTER X.

### Right Habits of Sleeping

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THE SIXTH ESSENTIAL OF PERFECT HEALTH IS  
RIGHT HABITS OF SLEEPING.

My way of review let me state again that the First Essential of Health is Right Habits of Breathing, Second, Right Habits of Eating, Third, Right Habits of Drinking, Fourth, Right Habits of Exercising, Fifth, Right Habits of Thinking. All of these we have considered in the preceding chapters and if you are any ways near right in these habits you may compliment yourself for you will not have much else to do nor many changes to make in other habits to meet all of *Nature's Requirements for Satisfactory Health, Strength and Endurance.*

I believe I called your attention to the matter before, but it will not hurt to remind you again that *I am not asking you to do a single thing in this book to restore or preserve your Health that you are not already doing.* I am simply asking you to do some of them in a different way and all of them as nearly right as possible and when this is done you will be so nearly in harmony with Nature's Laws and Requirements that there will be but few if any hindrances in the way that would prevent Nature from getting in her beneficent work of healing you of your diseases or preserving your Health.

I would have you remember that this mighty—yes, *Almighty Power* that we call *Nature* is the *Power* that built the body and is the *Power* that preserves it in Health or overcomes diseases when they attack it.

The best educated, up-to-date and most successful physicians do not claim that they cure disease with medicines alone. *They Simply Claim That Medicines Assist Nature and Sometimes They Do This, I Have No Doubt, by Removing Some Obstruction That Is In Nature's Way, but My Contention Is That There Are Other Ways to Get Obstructions and Hindrances Out of Nature's Way Many Times More Effective Than Medicines of Any Kind Alone* and that these various drugless methods of treatment are all some form or other of *The Nature Cure* and when rightly used will never do any harm to the well.

It Will Not Hurt a Well Person,—Man, Woman, or Child,—to Take a Treatment or Series of Treatments from a Good Osteopath, Naturopath, Chiropractic, Physical Culturist, Psycho-Therapist, Suggesto-Therapist, Mental Scientist or Christian Scientist.

In each of these methods of treating the Sick, remarkably satisfactory results have been attained and in all of them this is due to the fact that *The Patient Is Thrown Back Entirely Upon Nature in Every Drugless System of Healing and The Treatments When Successful Are All That Is Necessary to Get the Hindrances—Both Mental and Physical—Out of the Way, and When This Is Done, Nature Goes to Work at Once to Repair the Damages or Overcome the Disease and Restore the Health.*

I have two distinct purposes in mind in writing this book. *The First* is to help the well stay well by teaching them how to live in harmony with Nature's Laws. *The Second* is to help the diseased get back in harmony with these Laws and when this is done the Health will be restored in a surprisingly large number of cases.

But I do not mean to leave the impression that the help of others is never necessary in the treatment of disease,—for it often is,—and if this seems to be the case with you, don't hesitate to go to some one whom you consider competent to help you out and if his or her *Methods of Treatment Remove the Hindrances in Nature's Way, Satisfactory Results Are Almost Certain to Follow, Unless You Have Waited Too Long in Beginning the Treatments.*

I started out to tell you about Right Habits of Sleeping in this chapter, but that was so far back that perhaps you are asleep already.

You may do all the things that I have recommended thus far in this book in the very best way possible, but if you are not sleeping enuf or if your sleep is irregular, disturbed or broken, you will not get the best and most satisfactory results from your other Health Culture Habits.

We simply must have restful, quiet, sleep enuf or we wreck our Health and go to pieces. It's during sleep that the body, and especially the brain and nervous system are rested, repaired and put in shape for the toils and cares of another day. Anything that interferes with sleep interferes with all the vital functions of the various organs of the body upon which our Health and Efficiency depend.

If we have lost any considerable amount of sleep, our brains grow dull and we are unable to think clearly, quickly and accurately. We feel languid and tired and are disinclined to either mental or physical exertion. Except downright dissipation, as in gluttony, drunkenness and other forms of debauchery, there is nothing I know of that reduces the vitality and resisting power of the body so rapidly as the loss of sleep.

*Have You Ever Noticed How Easily You Get Colds After Losing Sleep?* I have. Being out in the rain, snow,



slop and wind, if one is properly clothed is not half so apt to reduce the vitality and invite a cold as the loss of a few hours' sleep. Some of the old writers on Health claimed that *It Takes Thirty Days to Fully Recover from the Loss of a Single Night's Sleep*.

Truly Nature has put us under very rigid Laws which she rewards us bountifully for keeping, but punishes us unmercifully when we transgress them or get out of harmony with them.

People who prize their Health and Efficiency in general can not afford to dissipate much at night and lose part of the time from sleep that is necessary to restore them to that refreshed and fully rested condition that we should be in every morning at our regular rising time.

#### HOW MUCH SLEEP DO WE NEED?

I don't know. I can only answer that question for one individual and that is myself. Personally, I require from six to seven hours sleep out of the twenty-four, but I am usually in bed eight hours to get in that much sleep. I have learned to go to sleep about as quickly as a healthy child and I sleep soundly four or five hours, then I'm awake an hour or so and after that have another nap or two.

I never could sleep from the time I went to bed at my regular hour till time to get up next morning, even as a child. Maybe the reason I do not require eight hours' sleep as most people seem to do, is because I am rather short of stature, being only five feet, four and one-half inches in height, and it is claimed that tall folks need more sleep than those who did not grow so long. The average adult seems to require about eight hours' sleep out of every twenty-four to keep in good condition.

You probably know that you need at least an hour's more sleep per night in the winter time than in the sum-

ladies, I've given you in a single sentence all of actual value in *Beauty Culture and It's Up to You What You Get Out of It*.

Now go and look in the glass and if you think you would like to improve your looks a bit, you will find all necessary helps in this book.

Just here my wife enters a protest and tells me that I will not convert anybody to my Beauty Culture Ideas who has seen me, so I will go back to sleep, *But I Am Not half as ugly as I used to be.*

*Never Permit Worries to Go To Bed With You.*

If you just must worry, fret and stew, get thru with these unhappy mental states between sun-up and sun-down and you can stand the useless, unprofitable strain much longer without a complete break-down, than you can by carrying these mental miseries and torments to bed with you at night.

*There Are Good Scientific Reasons Why We Should Never Carry Worries Nor Any Other Unpleasant Thots to Bed With Us.* Those who have looked deepest into the matter tell us that the human mind is of a dual character. That it is both *Conscious and Sub-conscious* in its functions.

*The Conscious Mind* is that which we use in our waking hours.

*The Sub-Conscious Mind* is that part of the mind of which we are not conscious, *but which controls the functions of every organ in the body.*

Now we know there is a *Power* within that caused the body to grow and develop from its beginning to full maturity. A Power that causes the heart to beat, the blood to circulate, the stomach to digest the food, the

and you should  
 be able, good  
 day of tea, to  
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perfectly well, and you are sure to get up the next morning feeling cross, crabid, sour, ugly, fussy, fault-finding, and if a man, you will likely kick the cat, spank the kids, and have a fuss with your wife before you leave the house.

*No, you can't afford to go to bed nor to the table with your mind ill at ease.*

Refreshing sleep and a good digestion are both largely dependent on the state of the mind just before we lose consciousness in slumber, and at our meals.

Without proper restorative sleep and good digestion, satisfactory Health is out of the question. So you see why I am trying to get at everything that interferes with either, or any other vital function of the body.

Now, if disturbed or agitated thots and feelings have a bad effect on the Subconscious Mind and interfere with its action in controlling the various organs of the body upon which our Health and Life defend, it naturally follows that thots and feelings of an opposite character will have an opposite effect. See? *Of course you do.*

I hope I have made the whole matter so clear to you in this and preceding chapters that you see just why it is *actually dangerous* to talk about disease, think about disease, or be afraid of or worry about disease, as the *Sub-conscious Mind* that controls our Health tends to produce in the body the conditions that the *Conscious Mind* believes to be there or Dwells Upon. Think about disease, worry about disease, fear and cower in the presence of disease, and the *Sub-conscious Mind* (if the suggestions of disease have been strong and deep enuf), goes to work and develops the disease in the body and especially is this apt to occur if these *disease thots and suggestions* are entertained and brooded over just before sleep, as it is then that the *Sub-conscious Mind* is most easily impressed and influenced.



## THE MENTAL LIVING

—Power Within Is  
more so, to *Health*  
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—*Self-Suggestive*  
—*Want to Sleep at*  
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The main idea is to get disease and disease thots out of your *Conscious mind* and by Suggestions of Health, remove these thots and impressions from the *Subconscious*, and when this is done if you are complying with the *Physical Laws as well, Health Will Soon Return.*

This chapter would not be complete without a word on *Insomnia or Sleeplessness With Which So Many People Are Afflicted.* To be very brief this condition is due to various causes, such as lack of sufficient outdoor exercise, wrong habits of eating, lack of proper ventilation, the worry habit, excitement in the evening, too much hard mental or physical work, nervousness, etc.

It's a very distressing habit to develop and the poor victim is sometimes driven to Insanity or Suicide by it.

If the reader happens to be afflicted in this way, he or she will find a perfect cure in adopting the helpful, healthful habits that I hope I am making plain in this book.

If your employment is indoors and you don't sleep well, you would likely find a long walk in the evening very helpful, also the deep breathing exercises and while taking them suggesting to yourself that you will have a good night's sleep and *Expect to Get It.*

Going to an open window and practicing *Deep Breathing, Bending and Relaxing Exercises* for a few minutes is a very effective remedy.

*To Sleep Well One Needs a Complete Change of Thot in the Evening from That Which Has Occupied the Mind During the Day.* It's very unnatural as well as unhealthful to get in a rut and think continually day and night along one line. People who drop the worries and cares of the day when night comes and refuse to think or talk about them in the evening rarely fail to sleep well.

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seasons of the year and tell them how they can do this quite as effectively and satisfactorily without bath tubs or other bathing appliances as with them.

But before we get to the how of bathing, let us consider the why, or reasons, aside from personal cleanliness, for doing so at all.

If you are familiar with human physiology you know there are millions of small openings or pores in the skin, the purpose of which is two-fold.

The first is to regulate the temperature of the body by pouring out the perspiration all over its surface when the weather is hot or when we get up a vigorous circulation while working or exercising in some other way.

If the skin had no other function than this, it would be exceedingly important to keep it clean and keep its pores as free from any obstructions that would interfere with the free passage of the perspiration as possible, as our comfort in hot weather depends very largely on the condition of the skin. Where it is kept clean and its pores open and active all over the body, there is very little discomfort even in the extremely hot weather, unless it is due to heating foods such as butter, fat meats, rich gravies, dressings, etc., or improper clothing.

But the skin has another very important duty to perform and if its pores are clogged or their openings plastered over with dirt or filth, neither the first nor second function can be attended to properly as Nature intended.

This second duty is to help purify the blood by excreting some of the poisons which are forever accumulating in it as it courses thru the body. So important is this function and so necessary is it that these impurities and poisons, as well as the perspiration or sweat, pass thru the skin continually, that were all the pores from head to foot closed by a thick coat of paint, the unfortunate vic-



1911-1912

1913-1914

1915-1916

1917

1918-1919

1920-1921

1922-1923

1924-1925

man who is keeping up with the times is rapidly equipping his home with means of keeping his body clean.

*No, everybody don't have access to a bath-tub now-a-days by any means.* A manufacturer of a "portable bath" outfit claims that more than half the homes in the U. S. have no bath tubs or other bathing facilities, so it is with them yet as it was with me many years ago. It's the wash tub or candy bucket in the winter and the creek in the summer or go dirty all the time.

If you are bathing regularly once or twice a week in the cool and cold weather and daily in the summer and are entirely satisfied with results, I don't know why I should ask you to make any particular change in this habit unless it would be to suggest to you that a cold or cool bath quickly taken winter mornings is an excellent means of hardening the skin and preventing colds, la grippe, etc.

*The Best Time to Take a Cold Bath in Cold Weather* is as soon as you arise in the morning. If you have a bath tub just turn it about half full of water and hop in. It will not be necessary to tell you to hop out, as you are sure to do that in five to fifteen seconds anyway, *and that is long enuf to stay in the cold water in a bath tub in cool or cold weather.*

My! What an eye-opener this is! The early risers never found anything down the street half so effective.

*In the summer time, after a long, hot day, there is nothing else in the world that I know of so restful, so refreshing and so apt to induce a good night's sleep as a cool or cold bath just before retiring.*

A cold bath in the morning to wake you up and a cold bath at night to put you to sleep! But this rule sure does work both ways. I have tried it for many years and speak from experience.

tingly lower their vitality and weaken themselves considerably by soaking themselves too long.

Some folks who are aware of the devitalizing effect of hot water when the body is immersed in it, refuse to take baths of this kind, but use cold, cool or lukewarm water instead.

*Note Carefully the Effect of Baths of Different Temperatures and Decide for Yourself Which Seems Best for You and Stick to Those.*

Valuable as cold and cool baths are for some, yet to others they may be detrimental. You can determine in the following way whether they are best for you or not. If the thoro drying with the towel and the friction and chafing of the skin with the hands do not make you feel warm and comfortable, and especially if you feel shivery and the cold chills chase down your spine and your teeth chatter, cold baths are not best for you and you had better have them warmer.

*How to Bathe and Keep Clean, Comfortable and Healthy Without Bath-Tubs, Wash-Tubs, Shower-Baths, Portable-Baths, Etc., Etc. Can it be done? It certainly can and I am going to tell you just how I have been doing this quite satisfactorily for many years.*

In this time I have lived in more than one hundred cities, towns, villages and rural communities and have made a regular habit of taking a cold or cool morning bath.

I am sure I have done this on an average of five mornings a week during the last thirty years and I'd be very loath to give up the habit now, as I consider my quick early morning bath not only excellent for my Health, but I like it so well that I class it with my luxuries, and if you are strong and vigorous enuf to stand it, I certainly recommend it to you.

## CHAPTER IV. HEALTHFUL LIVING

"I have lived I frequent-  
natural communities, found a  
but rarely used it. (My  
this public), but I have  
and a healthy condi-  
-tany *modern bathing*

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system of bath-  
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is my old tub

which I found a  
sponge bath,  
and not quite  
bath I found



I was able to meet all the requirements of cleanliness and Health for many years quite satisfactorily. About the only objection I found to it was that I would get more or less water on the floor or carpet. In this method of bathing you simply dip the water up with the hands just as you do when you wash your face. Begin with the face and after washing that, the neck, ears, shoulders and arms, it is well to use the towel and dry these before proceeding. Next bathe the chest and on down to the groins and dry again. Now you go after your back and this is the only part of the body that you can not easily reach, and bathe quite well by this method. The only way that I ever learned to do this with any degree of success or satisfaction was by cupping the hand, dipping up as much water as it would hold and pouring it between the shoulders and letting it run down the spine.

Gee! But this is great on a cold morning when, after sleeping with the windows open, you find ice in your water pitcher, but I've had this experience hundreds of times.

You have to depend largely on the friction of the towel to keep the back clean when you bathe in this way, and this can be done quite well if you take hold of the ends and draw it back and forth, up and down the spine. Then you will find it an easy matter to take care of the legs and feet. This kind of bath I found very satisfactory for many years, but still there was the same objection that I had to the sponge bath—I would get considerable water on the floor or carpet.

*The Towel Bath* was the next and last step I have taken in the evolution of my bathing habits and I like it so well and have found it so satisfactory in meeting all the requirements of *Health and Cleanliness* that I know of no other means of bathing, *that everybody can use*, that I consider nearly so valuable or satisfactory. I have used

After you have completed the bath and dried well then give yourself a thoro friction from head to foot with the open hands beginning with the face and neck. Ten minutes is an abundance of time for this bath and if the towel is wrung dry enuf it can be taken without getting a drop of water on the floor or carpet. If you prefer to use two pans or bowls of water, one hot for cleansing and the cold to close the pores and harden the skin, all the better. No danger of provoking a cold when you do it thus.

*Internal Cleanliness Is Much More Necessary to Perfect Health Than External, and the Man, Woman or Child Whose Intestines Are in a Torpid, Sluggish or Inactive State Can Scarcely Expect to Enjoy the Best of Health Until This Abnormal, Harmful Condition Is Overcome.*

This is best accomplished by eating whole wheat products, corn bread, plenty of vegetables and fruits, and by lots of water drinking and by taking exercise as advised elsewhere in this book.

The waste products of digestion should be gotten rid of at regular times every day and it is a great mistake to ever neglect to attend promptly to the calls of Nature.

Failing to do this is one of the chief causes of constipation that is said to be our "National Affliction."

I am of the opinion that fully half the headaches that torment so many people are due solely to a congested, filthy, torpid colon. One should never retire at night until sure this part of the intestinal tract is clean, as this filthy, poisonous matter is absorbed into the circulation and in time will poison and derange the entire system. If you are unable to get rid of it without, use a syringe, as thousands of people do. *It's a theory that this means will cause constipation, but like most theories there is not a word of truth in it*, as thousands of folks who have used



## CHAPTER XII.

### Right Habits of Clothing

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THE EIGHTH ESSENTIAL OF PERFECT HEALTH  
IS RIGHT HABITS OF WEARING SENSIBLE,  
COMFORTABLE CLOTHING.

With many people this would be the *First Essential*, since but little if anything of real, permanent value can be accomplished in *Health Culture* so long as the body is habitually compressed, distressed, repressed, bound, burdened, hampered and *deformed by unhygienic, Health-Destroying Clothing*. Every Health Culture Instructor, and Teacher of Physical Training in the land knows or should know that the foregoing statement is true.

*No, if you are interested in building up your Health and taking the best care possible of your Body, you should from the very beginning see to it that you are not hindered nor defeated in your worthy purpose by unhealthful clothing that hampers or prevents perfect freedom of movement or that binds, constricts, distorts and deforms the body in any way whatever.*

Let me state here that *The Real Purpose of Clothing Is to Protect the Body from the Elements and from the*





*It is principally by Imitation* that boys and men learn to swear, to lie, to gamble, to steal, to hold up and rob decent people, banks, business houses, offices and express trains.

*By Imitation* they learn to use tobacco, drink booze, prowl around all night, visit the *Red Light District*, and head off hellward in every direction that leads to his *Satanic Majesty's Realms*.

*It's by Imitation* that men wear hard, plug hats that interfere with the circulation, kill the hair and make them baldheaded. *By Imitation* they wear stiff, high, choky, uncomfortable, unhealthful collars that are the chief cause of "*craned neck*" among them. *By Imitation* they use belts instead of suspenders to keep their trousers up—another harmful habit. *By Imitation* they wear narrow, pinchy-toed shoes that lap the toes over one another, cause corns, bunions that look like onions, ingrown toe-nails, and other deformities that ruin the feet and make easy comfortable walking out of the question. *Say, Man*, are you an *I-M-I-T-A-T-O R* or what kind of a *T-A-T-E-R* are you?

### NOW, LADIES, IT'S YOUR TURN.

In deference to your sex I shall be *very easy* on you and what you find here relating to your clothing was not written to ridicule you for the fantastic kinds of dress that you sometimes torture, punish and hamper yourselves with, only in so far as such dress is detrimental to your Health.

*No, Ladies*, it is simply from the standpoint of *Health* that I venture to write a word about your wearing apparel at all, and tho you may not like or approve of what you find here concerning it, yet if what I offer for your consideration is the *Truth*, "*my words*," as Whitman says, "*will itch in your ears*" until you heed them.



Why, you made just about such progress and did it about as gracefully as a chicken gets over the ground with its feet tied together. NO, you couldn't walk, run, get into a buggy or auto nor climb a fence or cherry tree in those pestiferous *Hobble Skirts* and we thot they had gone *forever*, but "may the saints preserve you," I see in the advertisements of some of the city papers that this abomination to your *Health* is to be the style again.

Now will you, (sensible-in-most-other-respects-ladies) fall in line with the thotless crowd, don the *Hampering, Injurious, Health Destroying Hobble Skirt* or will you assert your *Independence* and *Refuse* to be hampered and hindered in your walking by a skirt that, judging from the illustrations I see of it, is just about wide or large enuf for one leg of a fat man's trowsers.

If I had a grown-up daughter and should come home some day and catch her toggged up in skirts of the hobble variety, I would consider her a candidate for the Reform School or Feeble Minded Institute and should my wife so far dispense with the dictates of common sense in her clothing as to don the *Hobble*, I'd surely question her sanity.

*We are getting along fine aren't we, ladies?*

Let me see! What comes next? Oh, yes! C-O-R-S-E-T-S ! How to begin to do justice and give full credit for the terrible damages to the *Health* of womankind by this *Device of Torture, Torment and Deformity* (as used a few years ago if not now, by almost every woman in the land), I scarcely know, but may be my *Good Angel* will help me out. I haven't time to look the matter up, but if memory serves me right, it was a hundred years or so ago that the *Devil Inspired the Fashion Designers* that it would be a big hit for both of them if something absolutely *new, original and unique* could be brought out in the way of woman's apparel that would bring both fame and fortune to the hard working designer and help Sa tan



in his unalterable purpose of destroying the human race. (No doubt you have heard that this has been his purpose ever since he rebelled and was cast out of Heaven.)

So Satan suggested the C-O-R-S-E-T-S, the Fashion Fixers brought them forth and poor, deluded woman put them on, and bound and squeezed, and tortured, and tormented, and deformed her waist to such an extent that every organ in that region of her body was cramped, compressed, squeezed, misplaced, hampered and hindered in every Natural Function by this *Invention of the Devil and the Ignorant, Conscienceless Fashion Makers.*

The C-O-R-S-E-T has done fully as much, if not more, harm to the *Race as John Barleycorn* during the last century, by *Breaking Down and Ruining the Health of Millions of Women and Making It Impossible for them to Bless Society With the Finest and Best Offspring Possible and to Bring Their Children into the World with Ease and Safety.* Say, ladies, that sounds rather severe, don't it? But I'm only reminding you of some facts that your good sense and observation should have convinced you of long ago.

*By the way, ladies; did your physician never tell you that about all the diseases and weaknesses peculiar to your sex is due to the effect of your C-O-R-S-E-T-S and other harmful clothing?* If he has not done this, I'd discharge him at once and employ another that would tell me the *Truth.* Hold on there, my gentle reader! Don't throw this book in the fire just yet, for I'm befriending you by telling you the *Truth* and giving you some *Health and Life Saving Information of Incalculable Value* and I'm *Not Nearly Thru Yet.* But perhaps I have written quite enuf concerning the C-O-R-S-E-T-S to set you thinking about what *Phools* your sisters ever were for being duped into wearing them and punishing themselves by doing so.

I'm aware that for several years now, ever since *Physical Culture* became so popular, and the people,—

both men and women,—have been getting hold of some *Saving Truth* in regard to their *Health*, you have been wearing these *Body Deformers* looser and looser and some of you have grown bold and brave enuf to *discard them entirely*, and I'm sure that *Providence* has abundantly rewarded you for your sensible action. *But I was Astounded to read in a Chicago Paper recently that SMALL WAISTS Would Soon Be the Style Again and my heart sank within me at the thought of that Terrible Curse* (that the women of this country are just beginning to recover from), coming back to ruin the *Health*, blast the *Happiness* and *Make the Next Generation of Children Even Weaker and Punier than This by the Effect of Adverse Prenatal Influence*. But I don't believe you sensible women who have largely freed yourselves from the destructive tight-lacing habit will ever be guilty of such folly again, regardless of what *brainless, ignorant, idiotic Fashion Designers may prescribe*.

Say, mothers, tell your daughters that they should support all clothing from their shoulders and not suspend skirts, etc., from the waist, as perfect freedom and absence of all weight from the waist and lower chest is a prime requisite of the best *Health* and normal action of all organs in these parts of the body.

And now my good lady friends, (if I have any left), let us consider just briefly our footwear and then on my word of honor I'll let up.

*By Imitation*, no doubt, the *Ancient Worthies of Bible Days and Lands all Wore Sandals*. You never saw them pictured in any other kind of footgear, did you? I never did. When and where the habit started I do not know, but I'm sure from the standpoint of *Health* no other foot protection ever devised has been so good and commendable for men, women and children in warm, pleasant weather, but how the people of former ages kept their feet comfortable in *cold weather*, without socks or stockings



and no other protection than sandals, which were designed to shield only the bottoms of the feet from rocks, thorns, briars, etc., I can not tell. Perhaps the people of those far off days were in so much better Health, had so much more vitality and such vigorous circulation of the blood, that their feet did not get cold from exposure in the winter time as ours would do. I'm quite sure this was the case.

From the far off days since history began to record the manners and customs of the people down to the present age, there has been a gradual evolution in the foot dress of humanity, generally for the worse, down to this day and date, when it has become so ridiculous, so unnatural, so harmful and so injurious not only to the feet but the body and Health in general, that I have not words at my command to express my feelings and convictions on the matter.

Now mind you, ladies and gentlemen, that I am treating this subject simply as it has a bearing on the Health and Physical Efficiency of my readers, and not from any prejudices that I may hold against humanity for the Follies of Fashion.

*In fact, I have no objection to any fashion whatever, unless it has a bad effect on the body and tends to injure it in some way or other. I leave it to the ministers to moralize on this subject.*

Almost everybody that knows anything at all about *Health Culture* knows that *Walking* is one of the very best and most necessary exercises that we can habitually indulge in.

*Anything that in any way interferes with your ease and pleasure in walking is a direct stroke at your Health and Bodily Welfare.* Hence the objection of the Health Culture Adviser to Hobble Skirts, Corsets, and the kind of Shoes generally worn today.

*Nature tries mighty hard to preserve the Patterns and Ideals that God started her off with. Almost every babe when it comes into the world has a normal waist and normal feet, no matter how much its mother has laced or deformed her feet. Nature, the handmaid of God, would bring the Race to a State of Physical Perfection if we were not forever and eternally throwing hindrances in her way that thwarts her in her glorious, beneficent purpose.*

If you want to know just what *perfectly Natural, Normal Feet* look like, just examine those of a healthy baby before it wears shoes. How pretty, shapely and "cute" they are! The proportions are perfect in every respect, as any artist or naturist will tell you. Note the total absence of corns, bunions, ingrown toe-nails, broken arches, and how the "cute" little toes stand apart and do not overlap or even touch each other.

*Now your feet would be just as free from blemishes and just as perfect in form in every way as any little babies' if you had never abused them with your shoes.*

What would you give to have the perfect feet of childhood days again, sisters? And just to think, if some "*Health Crank*" like myself had come along and told your mother what you will find in this chapter, you would not only have *Perfect Feet* but at least *Fifty Per Cent. Better Health* than most of you enjoy today. One of the ancient prophets said: "For lack of Knowledge my people are destroyed." This statement is just as applicable today as it was in King David's time. *For Lack of Knowledge and the Use of Common Sense We Get Into All Kinds of Trouble and Unpleasant Predicaments.*

I am convinced that I am within the bounds of truth when I say that there are millions of women in the United States today who have well nigh ruined their feet and made it next to impossible to walk with grace, ease, freedom and pleasure in the great open outdoors, where all



people who prize their *Health as their most valuable earthly possession will spend as much time as possible.*

You may look the shoe stores of this country over, as I have done in several states, and in their display windows you will scarcely see a shoe that from the standpoint of *Healthful feet*, ease of walking, and bodily welfare in general is fit for any woman to put on. But who is to blame for this?

I dislike to think the women themselves are and neither do I hold the shoe dealers fully responsible. I suppose its best to shift the blame to some far-off *Idiotic Shoe Designers* that are not apt to ever get in reach of me.

Now healthful shoes, or foot coverings of any other kind, should never bind, pinch, crush, distress, distort, or deform the feet in any way whatever. Neither should the toes be pinched together or overlapped nor the heels elevated but little, if any higher than the balls of the feet. Take this description with you the next time you go to purchase new shoes and tell your shoe dealer that *that* is the kind of shoes you want. He will promptly tell you that he has nothing of the kind in stock, nor are they to be had in the market. He will likely further say that nobody wears such shoes nowadays and there would be no demand for them if they were on the market.

But there is a growing demand for comfortable, common sense, healthful shoes for women as well as men and when it becomes strong enuf they can be had in every shoe store. I know its hard to find them now, ladies, and could you find them it would be still harder to persuade yourselves that they are much prettier than the mis-shapen, freakish, contraptions you wear, but this is the case however to any unperverted taste.

*No High-Heeled, pinchy-toed, foot-deforming shoes* that any lady ever crippled herself and ruined her feet with ever made her pedal extremities look half so pretty

as those of her little daughter or sister in her broad soled, broad toed, heelless, easy fitting, comfortable, sensible and *Healthful shoes*.

*For a long time I have entertained the idea that the Creator Actually Had An Eye to Beauty when he made the "Human Form Divine," and that all efforts to improve its appearance by constricting it, binding it, torturing it, tormenting it, or deforming it in any way by the clothing, have generally been flat failures.*

Elevating the heels two or three inches, while throwing the weight on the balls of the feet and toes for a second or two, is an excellent exercise, but any Physical Trainer who would try to devise any means by which his or her pupils could be kept in that *unnatural, strained, Unhealthful position* for more than a few seconds at a time, would be branded as an *ignorant, dangerous instructor* and no doubt would soon be without pupils, but *You Ladies Who Wear the High-Heeled, Pinchy-Toed, Misshapen, Foot-Deforming, Corn-and-Bunion-Provoking, Health-Destroying, Fashionable Shoes of today,—Why You Are in that Strained, Unnatural Attitude Every Time You Are on Your Feet!*

No wonder you can't walk, or that you have "trouble with your feet" or that you have weak ankles, backaches, and are nervous and 85 per cent. of you are said to be below par in *Health, Strength and Endurance* in this country today. *Think of It!* And these adverse Health conditions are nearly all due to avoidable causes, among which *F-A-S-H-I-O-N-A-B-L-E S H O E S* hold a prominent place.

The man who introduced a bill in the Illinois State Legislature a year or two ago to Limit *By Law* the Height of *Women's Shoe Heels* was not the biggest ignoramus that the voters of this good old Sucker State ever sent to Springfield to make laws for them by any manner of means, any more than the courageous, far sighted would-be-benefactor of her sex and the unborn children of Indi-





able to walk again? For he knew you could never learn to do this in the kind of foot toggerly that he caught you in.

*Ladies, Gentlemen and Children:* There is just a few things more and then I have quite relieved my mind on this clothing question. The clothes should be adapted to the season of the year and state of the weather as nearly as circumstances and the purse will permit.

*The Underwear* should not be of the horse blanket variety, as this smothers the skin and prevents the air from reaching it or the perspiration and impurities from getting away from it.

This is a frequent cause of colds, and sometimes pneumonia and rheumatism, etc.

*The skin actually needs the air and the Health suffers when it cannot reach it.*

Many people have discovered that they have fewer colds and better Health in general *since discarding Woolen Underwear in the winter than before.* The objection to woolen or flannel garments next the skin is that they retain the moisture much longer than cotton or other kinds. Hence the colds, etc., that torment so many people who think they are doing the best thing for their Health when they wear woollens or heavy cotton undergarments.

I discarded both varieties about eighteen years ago and since then have worn only the summer weight even in the coldest weather, and I am greatly pleased with the change. I hear that many other folks are wearing light, porous underwear the year 'round these days and I'm sure this is helpful to their Health.

It's an old and truthful saying that "We should keep the feet warm and the head cool for Health," but multitudes of people are too proud and too fashionable to wear heavy shoes or overshoes in cold or sloppy weather to give



the feet protection enuf to keep them warm. We bald-headed men have no trouble complying with the requirements of the second part of this old, sensible Health rule.

Except in the coldest, stormiest weather, it is not well to bundle up the neck and throat, as this makes them very sensitive to cold, and sore throats, tonsilitis, enlarged tonsils, etc., are apt to result.

Harden the skin of the neck and throat by bathing it every morning in cold water, and keeping it free from clothing except in cold weather, as the ladies generally do.

Here they are miles and miles ahead of us men and are certainly much more comfortable in their loose, easy, low-necked, collarless gowns and shirtwaists and show much more good sense and *backbone* in wearing them than we men do who punish ourselves with high, stiff, choky collars in the summer time.

*Now, to Close With, Go Barefooted.* This is excellent for the Health, and I pity the men, women or children who have departed so far from *Nature* that they never treat themselves to this real pleasure. Its one of the very best things known to keep the feet in a healthy condition or relieve them from the damages done by unhealthful shoes.

Yes, that is what I mean—*Go Without Your Shoes an hour or two a day all next summer and get outdoors while doing it. Only unnatural, silly, shallow folks will laf at you, and what do you care for their opinions?*

I tell you that it would be of immense importance to millions of men, women and children in this country in helping them to better Health, Strength and Endurance, if they would get over their prudish, silly, notions, discard their shoes for part or all the day in hot weather, go out barefooted in the garden, work in the cool, moist dirt and

absorb the *Vital Forces of Mother Nature* from the soil into their bodies thru their feet, mow the dew-drenched lawn or take a vacation at Lithia Springs (near Shelbyville, Ill., where this book was written) or some other *Natural Health Resort* where they would not be made fun of for daring to dispense with shoes for an hour or two a day as is *required* in some of the most successful Sanitariums in the world.

"In the Good Old Summer Time," get out doors and get away from home if possible, take the children, turn them out barefooted and give them a chance to grow and develop as *God and Nature Intended* and to Recupérate in part at least from the Harm the *Schools* and indoor life have done to their *Bodies* thru the *Winter*.

*No, you need not be afraid! Their feet will not grow abnormally large from going barefooted. They will grow Natural, Healthy and Pretty, just as the Creator meant for them to be.*

During childhood and youth I habitually went barefooted all summer long and I have enjoyed the same pleasure part of every season since, but my feet are not nearly big enuf for me to raise and make a shield of them sufficiently large to protect my body from the scorching rays of the noonday summer's sun, as some of the Zulus of Central Africa are said to be able to do. I weigh 165 lbs. and wear a number six or six and a half shoe. *Sec?*

## CHAPTER XIII.

### Rest, Relaxation, Recreation

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#### THE NINTH ESSENTIAL OF PERFECT HEALTH IS RIGHT HABITS OF REST, RELAXATION AND RECREATION.

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These together with sufficient *sleep* insure *Daily Recuperation* from the tearing down, destructive effects of mental and physical activity, stress and strain.

I presume that every one who has made any considerable study of the Human Organism is convinced that the Creator intended that we should lead *Active lives*—both Physically and Mentally, and the best Health results when this is the case, but He never intended that we should be *forever* active in either body or mind during all the waking hours of the day, and the young person who attempts this is cheating himself or herself out of *Efficiency* after the half-way mile-post on the journey of life is passed, by drawing too heavily on the reserve forces during the younger days. *It never pays.*

I told you somewhere else in this book that “we should do our daily work on our surplus energy” and if our *Health* is good and our habits right we can easily do this, for if we do not attempt *too* much in one day and if our

working hours are reasonable, we are scarcely any more weary at night than when we began work in the morning.

If you are working so long and so hard that you are "dead-tired" mentally or physically or *both* when night or bed time comes, and if you keep this up day after day, week after week month after month and year after year, you may attain the object of your desire or what the world calls "*Success*," but *Fate* will stealthily follow you wherever you go, and some day, when you least expect it, perhaps, deal you a blow in the head, in the heart, in the lungs, in the nerves, in the kidneys, in the stomach, in the muscles or in the joints that will largely *Incapacitate you and Scrap-heap you for the rest of your days.*

Lots of wiseacres tell us that "work never hurts *anybody*," but I rise to tell you that work hurts *everybody* that *overdoes* it for any considerable length of time. While it is the most blessed "curse" ever imposed on man, yet, like all other good and necessary things, *it can be overdone* and is being overdone by the toiling millions the world over who are working more than eight or ten hours per day.

*If everybody who is old enuf and able, had to work at some useful, necessary occupation or starve (as some day I believe all will have to do), nobody would have to work too much.*

But as it is, there are millions and millions of people who are literally "working themselves to death" and the ridiculous part of it is that a considerable percentage of them *don't have to do it*. They are striving and straining to accomplish some undertaking or gain some worthless bauble which when attained is *found to be of no real value and was the very thing they did not need and had no earthly use for when they got it.*

It is the *unnecessary* and often the useless, worthless things of life that many otherwise intelligent, sensible people are striving and straining for, and ruining their



*Health*, spoiling their Happiness and shortening their days while in pursuit of them.

Not so long ago I stood at the bedside of a dying man between sixty and seventy years of age. After his passing, one of his sons remarked that all he ever got out of life was plenty of hard work and lots of trouble, or words to that effect. Is that what you are getting out of life, or are you taking time to *Rest, Relax and Recreate and Enjoy* yourself a bit from day to day as you go along? Did you do this yesterday, have you done it today, and do you mean to do it again tomorrow? "Sure?"

Then you are one of the elect certain and no doubt have a "sound mind in a sound body" which is the greatest earthly blessing that ever came to any member of the human race. You will not be whining around and asking "Is life worth living?"

For the man or woman with a "sound mind in a sound body" is getting so much pleasure, so much enjoyment, so much peace and so much real happiness out of this existence *here and now* that he or she would be entirely willing to remain on this planet a *Thousand Years* or so, if the Master of Life would only grant him or her such a favor.

Not one of these men or women with "a sound mind in a sound body" has ever committed suicide. It's folks only who are floundering in the toils of disease, weakness or Physical Inefficiency, or who are "crippled in the head" that make that daring leap in the dark.

But how shall we REST, RELAX and RECREATE from day to day so that we may best endure the stress and strain of modern life and stay in the game hale, hearty and happy to a ripe old age? The foregoing pages have largely answered this question, but the ability to *Rest, Relax and Recreate* properly and the most beneficially, is an *Art to Be Learned* just the same as *Deep Breathing, Scientific Exercise, Right Habits of Eating, Etc.*, are arts

to be acquired, as scarcely any of us do them as "*right*" as we should, so far have we wandered from the requirements of Nature.

Ofttimes when one has worked hard physically for a few hours, has used mainly one set of muscles and they have become tired, complete rest can be secured by letting up on that particular kind of work and doing something else that involves mainly other muscles.

For instance, if you have been digging and hoeing in the garden for an hour or two and the muscles of your arms, back and shoulders are a bit tired, you would find quite as satisfactory *rest* by taking a market basket and walking down town—six to twelve blocks—for the groceries, as you would by going in, dropping into a rocker or sprawling on the lounge and staying there as long as it would take you to walk to town and back.

If your work is mainly *physical*, you will find it of immense importance to you in helping you go thru the day with but little if any weariness at night, if you are so fortunately situated that you can so balance it that first one set of muscles then another are brot into use.

If your work is mainly *Mental*, you will find rest and relief from the strain and weariness of Brain Work by changing to physical activity when your day in the store, office, school or study is over.

Here is where the average indoor mental worker wrecks his or her *Health*—uses the brain *intensively* eight to ten, twelve, or even fifteen hours a day till all tired out by the *unnatural strain* and does not seem to know that complete rest and refreshment can be secured by a *change of thot* and by *getting out in the open daily and taking plenty of Physical Exercise as a Balance to the Mental*.

*Balance!* That's a very important word in the vocabulary of any man or woman who would live a *sane, healthful life*.



*Balance! There is where nearly all our public schools fall down. Entirely too much mental work and not nearly enuf physical activity to meet the best Health requirements of the pupils. This is directly contrary to the best present and future interests of the children, and directly contrary to the methods of Nature in bringing both body and mind to their best development.*

More Manual Training, More School Gardening, More Physical Training and *More Physical Work at Home* Would Be Inestimable Blessings to Millions of School Boys and Girls of This Country as a Balance to Their Excessive Mental Work and As a Rest from the Unnatural Health-Destroying Tasks the Schools Impose Upon Them.

I speak from first hand information on this matter, as I have had thirteen years experience as teacher in three states in public schools, academy and college, and I tell you our School System is badly in need of "*firing*," tho it has improved considerably in the last few years. But there is urgent need of many changes yet. The schools until recently, and all too much yet have simply pounded away at the *Brains of their helpless victims from the Primary on thru the High School*, and have given but little more intelligent attention to the *Physical Education, to the Natural, Healthful, Normal Development of the Body*, that is easily attained by Proper Physical Training, than if it were a butter weed in the back yard.

No wonder the majority of our school boys and girls are pale, anemic, nervous, glad when school is out and sorry when it begins again. This is due almost entirely to the *Unnaturalness* of too much mental and too little *Physical Work or Training*.

Any intelligent man or woman who has had many years' experience as a teacher, but who has *changed* and taken up some other occupation, *knows* that much of the stuff we worry and distress the children with in the

*Schools in the name of Education Has No Educational Value, Neither Is It of Any Use Whatever in After Life.*

Say! PARENTS, TEACHERS and SCHOOL BOARDS, Let's Give the Children a *Rest from the Non-Essential, Useless and Harmful Things* that we have been punishing and worrying them with. This will leave ample time for *True, Useful Education—Physical, Mental and Moral*—the kind that will be of *Practical Benefit* All the days of their future lives and great pleasure to them while acquiring it.

No doubt you will agree with me that I sure do wander from my subject, *but that is a way I have of giving You a Rest.*

When you are tired all over, or want to rest before you get tired at all, you will probably sit down in a rocker and if you have not learned better, you will likely begin to *Rock*. *If you seek rest in a chair of any kind, the stiller and more relaxed you are from head to foot, the quicker you will be refreshed.*

*The Ideal Way of Relaxing and Resting, however, is by lying flat on the back, or prone on the face on the bed, on the carpet, on the sofa, or on the ground, and letting loose of all the muscles till you spread out, as Riley put it, "just like molasses."*

Do you get the idea? Just think of the various parts of your body and you are almost sure to find some of the muscles drawn and tense. Devitalize them, then you can rest.

It's well to begin with the hands and arms. You may be surprised to find that you have the muscles of your hands tense. It's said that many people, especially nervous folks, go to sleep at night clutching the bedclothes. (I suppose this is because they fear someone else will take them away from them before morning.)



You may think yourself too busy to R-e-c-r-e-a-t-e, but the busiest men and women of the world manage to find time for it. *They have to have it* or break under the terrific strain that they must bear. Roosevelt found time for *Recreation*. Wilson's physician sees to it that he takes *Proper Recreation* and *Daily Exercise*. (Oh, if your doctor were only as wise!) Lloyd (George and many other great men and women who are carrying the *World's Burdens* take time for *Recreation*. We all get in a rut, grow stale and commonplace without it.

Some relieve the *Tension* and get their *Recreation* out of music, others from reading, picture shows, etc., some from gossiping about their nabors, and a great many,—(may their numbers keep on growing)—from walks, rides, work, games and sports in the great, wonderful outdoors.

We certainly do need daily *Recreation* and now and then a *Vacation*. Need to get away from it all and *forget* it for a while.

But did you never observe that many people—judging from their appearance—never need a *Vacation* so badly as just after they have had one? We have to learn how to take 'em just as we must learn everything else of any use in this *Chinese Life Puzzle*.

*Every Home Should Be a Fun Factory.* Is yours one, or does it seem more like a funeral establishment?

Have you forgot how to laf or did you ever know? The foolishness of Charley Chaplin and Fatty Arbuckle might be a good prescription. When you go in for *Recreation* leave your cares behind.

Save your best jokes for the table. You can digest most anything if you laf enuf while eating it and if you stay in a pleasant frame of mind for an hour or two afterwards.

*Have you not read that President Wilson will not tolerate any unpleasant conversation or state talk at his table, and that the man who dares to mention politics or government affairs when on the golf links with him is not invited to play with him again? Did you profit by this hint, or do you read to no purpose?*

## CHAPTER XIV.

### Review---Occupation, Sanitation

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THE TENTH ESSENTIAL OF PERFECT HEALTH IS  
A CONGENIAL OCCUPATION AND SANI-  
TARY SURROUNDINGS.

We have now arrived at the last *Guide Post on the Journey to the Pleasant Land of Healthful Living*. I trust I have made the way so plain that you have had no trouble in staying on The Path.

*The Inscription Written on Each Guide Post* called your attention to some special requirement that you would have to meet from day to day if you wish and expect to *Dwell Permanently in the Land of Health*. You may think this too much trouble and that it would take too much time to do all the things that I insist you *should* do and *do right* to make conditions favorable for Nature to make and keep you well all the rest of your life.

*Let me state again that I am asking you to do no New, Unnatural thing whatever to Regain or Retain Your Health.*

To Regain your Health, I am simply asking you to do the things *Right*, most of which you have to do to live, but which you have been doing *Wrong* and to *Retain Your Health* I am requesting you to *do exactly the same things*.

In other words, correct whatever is wrong in your daily living habits and this will give *Nature* a clear field by getting all hindrances out of her way. *When this is done she asks no more and will go to work at once to make and to keep you perfectly well.*

By way of review and to further convince you that it takes but little more time to do the things Right that you may be *habitually doing Wrong*, let us go back and glance at the Guide Posts again—*The Ten Health Essentials*.

Near the top of the First you found printed in large letters,—

#### RIGHT HABITS OF BREATHING.

You have been breathing right along from the instant you came into the world, and this you will continue to do till the last minute of your earthly existence. All I ask of you and all that Nature requires in this first *Health Essential* is that you make and keep your breathing *Full, Deep and Natural*, and that you breathe the *Fresh, Pure Air* as much of the time as your surroundings and occupation will permit, *but especially at night*.

You will need but a few minutes for practice a day but this will be time well spent. This practice may be done largely while walking, but I urge you to spend from three to five minutes on the *Special Deep Breathing Exercises* nights and mornings.

I have done this for many years and would not think of giving up the habit, so helpful has it been to me.

Near the top of the *Second Guide Post* we found in large letters:

#### RIGHT HABITS OF EATING.

Now that the War Is Over, we are all eating again, aren't we?



It's but little more trouble, but little more expense, and requires but little more time to do this *Right* than to do it *Wrong*. I have urged you to let *Nature* be your guide and *She tells you to never eat except when hungry or when you can do so with good relish*, and she generally asks for the plain, substantial, wholesome foods and but few articles at each meal.

You should not force yourself to eat stuff you do not relish just because some food Crank has informed you that it is healthful. *Grub you don't like is not good for you.*

However, you might learn to like various things in general use that are wholesome for most people by nibbling at them. I learned to relish cabbage, celery and lettuce in this way, but could never acquire any taste for oysters, salmon or sardines. Those stinky things would poison me, but you might thrive on them.

Then I requested you to *chew your food thoroly* and not embarrass your digestive organs by imposing on them a task that belongs to the teeth and mouth.

“Never be guilty again,  
Of that almost unpardonable sin,  
Of sending your food to the stomach,  
In lumps and hunks and chunks.”

To break this habit of bolting the food and give your stomach “a square deal” may require a few minutes extra time at each meal, but it will be time well spent as it will *immensely improve your digestion, your Health in general, your Physical and Mental Efficiency, and Add Years to Your Life.*

On our *Third Guide Post* we found this heading:

### RIGHT HABITS OF DRINKING.

Here you were advised to acquire the *Water Drinking Habit* and supply yourself *daily* with the necessary amount of liquid that your system requires.

## THE ART OF HEALTHFUL LIVING

... as soon as up and just  
... at meals and any other time you

... three minutes extra time nights  
... at meals to water yourself right.  
... the question when this is

... was headed:

### HABITS OF EXERCISE.

... and third guide posts we were  
... the body with proper *Building*  
...—and unless this is done fair-  
... efforts at *Health Culture*, no mat-  
... will be more or less disappoint-  
... the kind necessary to build a  
... cannot be made from stale, vitiated  
... of food and impure water. First look  
... and get the best kind of each that is  
... you are going at *Health Culture* in a logi-  
... and from your well-nourished condition  
... to get great benefit from your *Daily Exer-*

... you are an indoor worker, here is where you are  
... all down in the care of your body, for *it does*  
... to get proper exercise,—anywhere from thirty  
... to two or three hours per day,—but *Nature will*  
... *not doing it* and will gradually take  
... your muscles, their strength and development,  
... as she intended.

You will either *have to take time to exercise* or let  
... muscles become flabby and weak all over the body and  
... vital organs be reduced in their Health, vigor and  
... to perform their functions from the lack of the  
... and increased circulation *that comes from Proper*  
...

*Will You Take Time to Exercise?* Roosevelt did, Wilson and Lloyd George do and I've heard it said that these were *all quite busy men*.

### RIGHT HABITS OF THINKING

was written in large letters near the top of our *Fifth Guide Post*. The directions written underneath are among the most important on the way. Better go back and read them again.

Now you are thinking every waking moment, and it takes no more time to think good, kind, pure, strong, helpful, encouraging, peaceful, pleasant, hopeful, happy, healthful thoughts all of which have a good effect on the *Health*, than it does to think those of an opposite character, all of which have a *bad* effect on the *Health*.

Shakespeare said: "Tis the mind that makes the body rich." See to it that you don't wreck your body with worry, anger, hate, fear, jealous or other inharmonious, unpleasant or unhappy thoughts.

As we progressed on the way, we came to the *Sixth Guide Post*, and on this, we noticed at the top in large letters these words:

### RIGHT HABITS OF SLEEPING.

This is a good place to take a nap and I hope you are able to do it at any time you actually need it. Some folks are not, you know.

It's a great mistake not to allow ourselves plenty of time for sleep. Adults need from six to eight hours daily. Children under ten from ten to twelve hours. Always sleep in well ventilated rooms or outdoors. It's not well to "Turn the night time into day-time," nor the reverse.

Now we are awake again and we notice on our *Seventh Guide Post* these words:

## RIGHT HABITS OF BATHING

Which simply means that we keep the body clean and the pores of the skin open and active, which no doubt most of you are in the habit of doing now. A daily bath in warm or hot weather is especially advisable. Some of us like them daily the year around.

*The Mouth, Teeth and Alimentary Canal Should All Be Kept Clean.*

We are just thru with our bath and of course it is logical that we should expect to find on the *Eighth Guide Post*:

## RIGHT HABITS OF CLOTHING

It does not take as much time and it is not nearly as much trouble to clothe ourselves Healthfully and Tastefully than to wear the fancy, absurd, ridiculous, binding, distressing, torturing, tormenting Health and life destroying hideous get-ups that some brainless, idiotic enemies of the race—*The Fashion Fixers*—prescribe.

It is not well to smother the skin in underwear made of material heavy enuf for horse blankets.

Wool is excellent for outer garments, but keeps the skin too moist for underwear, unless in very light weights.

There are many premature tombstones in the cemetery put up for young ladies, and sometimes their mothers, who were too proud to wear thick, heavy-soled shoes in the winter or overshoes to protect their feet.

If I wanted a second wife,—which the Lord knows I dont,—I'd just urge the one I have to wear fine, thin-soled shoes, thin silk or gauze stockings, and go without overshoes in the winter time, in the slush, sloop, snow and cold. The knowing doctors and undertakers who have smothered their consciences, if there be any such, look



smilingly and encouragingly on the ladies with their feet clad in this way in bad or cold weather.

Now we come to the *Ninth Guide Post* and see on that the attractive words:

### REST, RELAXATION and RECREATION

and we are pleased to learn that they are all requirements of Perfect Health as they appeal to the tastes of almost all normal people.

In this little backward survey of our Journey on *The Highway to Health* you may be surprised that you found that you were *not required to do a Single New Thing to help you to your destination*—

### THE LAND OF HEALTHFUL LIVING.

Which I hope you may remain in during the rest of your earthly life.

Just one more *Essential* which we find on the *Tenth Guide Post* and in large letters we see at the top these words:

### OCCUPATION and SANITATION,

and beneath we read

*The Tenth Essential of Perfect Health Is a Congenial Occupation and Sanitary Surroundings.*

I hope you have both, but multitudes of people have neither. Thousands and thousands of folks are misfits,—they did not get into the occupation *Nature* intended them to follow; so they go thru life not getting the pleasure and contentment out of their work that all people, who are doing what their native talent and ability make it easy for them to do, experience.

I don't know how to help you much here. If you are yet young, say under fifty, and are not contented and hap-

py in your work, you probably have desires and longings for some other occupation that you think would be more congenial.

*These Are Nature's Promptings and the Best Guide in the World, I Think* (and I am somewhat familiar with Phrenology, Too), *As To What Our Natural Talents Are and What We Can Do Best. Nature has not cheated any normal human being out of the talent necessary to help him or her do some particular work well, and he that is not a fraidy cat and who follows his Natural Desires in choosing and changing his occupation, is nearly sure to get into the right one finally.*

Many a person who has made a splendid success of some particular kind of work, has made a failure in a half dozen or more other lines before he got to it. Finally he or she found what he or she was cut out for,—what Nature intended him or her to do. A few exceptionally well balanced people seem equally at home and happy in various lines of work,—but they rarely attain very great eminence or success in any, because they scatter their forces too much to do so.

If you are past fifty and don't like your work, it's more than likely that you will have to "grin and bear it," as but few men or women can safely venture into new occupations after that age and attain success, but *some have done so.*

Uncongenial work may be made tolerable to some extent at least, by having some hobby on the side. For instance:

A woman who does not like housework, but *has it to do*, might find great pleasure in raising chickens, flowers, etc., and this would make the housework much less irksome.

A man who detests indoor work but finds his employment there, would surely get much pleasure and relief and healthful exercise from making a hobby of gardening, etc.

*Blessed is the man or woman that has found his or her work, for a pleasant occupation has much to do with Satisfactory Health and Long Life.*

### SANITARY SURROUNDINGS

have much to do with Health. Cleanliness in and about the home and where one works, especially if indoors, is an important Health item.

One of the most essential things to look after about a home is the water supply, especially if this is obtained from wells. The water of wells, unless very deep, is apt to become impure or contaminated by the filth that reaches them from barns, outbuildings, pig pens, etc.

When the water in wells is low or when there is typhoid or malarial fevers raging, it is very risky to drink it unless it has been boiled.

Personal sanitation has been treated in the Chapter on Bathing or Cleanliness, in fact, all the preceding Chapters have a bearing on this subject.

Here we come to the end of instructions in THE ART OF HEALTHFUL LIVING.

In most of the preceding Chapters I would have liked to have gone into greater detail, but I kept the fact in mind that this book would be read, if read at all, mainly by busy people who would want the bare essentials of Healthful Living stated in a brief, comprehensive form and the whole platform is summed up under ten brief rules.

I insist that everything, excepting heredity, that I'd dare to print, relating to Health any way can be classified under one of my *Ten Health Essentials*.

## YOUR OPINION SOLICITED.

Now that you have done me the honor to read this book thru, carefully, I hope, I am just human enuf like you to desire your candid opinion of it. What do you think of it? Speak right out or write me a letter and tell me just how it strikes you, whether favorably or otherwise.

I am not fishing for compliments nor praise, and honest, straightforward criticism will be quite as welcome as hearty commendations. So let me hear from you.

I'd be surprised if you should write me and tell me everything in every chapter struck you just right, unless you have been an investigator and experimenter in these lines for a good while. It took me years and years to arrive at some of my conclusions in various chapters of this book, but I am convinced that all important ideas advanced are true and that people will grow into more and more harmony with them as the years go by and my fellow citizens learn more and more of the greatest of all Arts, *The Art of Healthful Living*. Till then, as the lawyers say, "I rest my case."

*Don't make the mistake of trying to do too many things suggested herein at the beginning. Begin with the chapter that appeals to you most and after you have mastered its requirements take up another and so on till you get the good, helpful things out of all of them and learn to keep your daily habits so nearly in line with Nature's Laws that you may in time enjoy Satisfactory Health, year in and year out to a ripe old age.*

Wishing you this and hoping that this book may prove a safe guide in that direction, I am

Sincere and Cordially

Yours for Health and Efficiency,

U. G. FLETCHER.

Shelbyville, Ills., Mar. 12, 1919.



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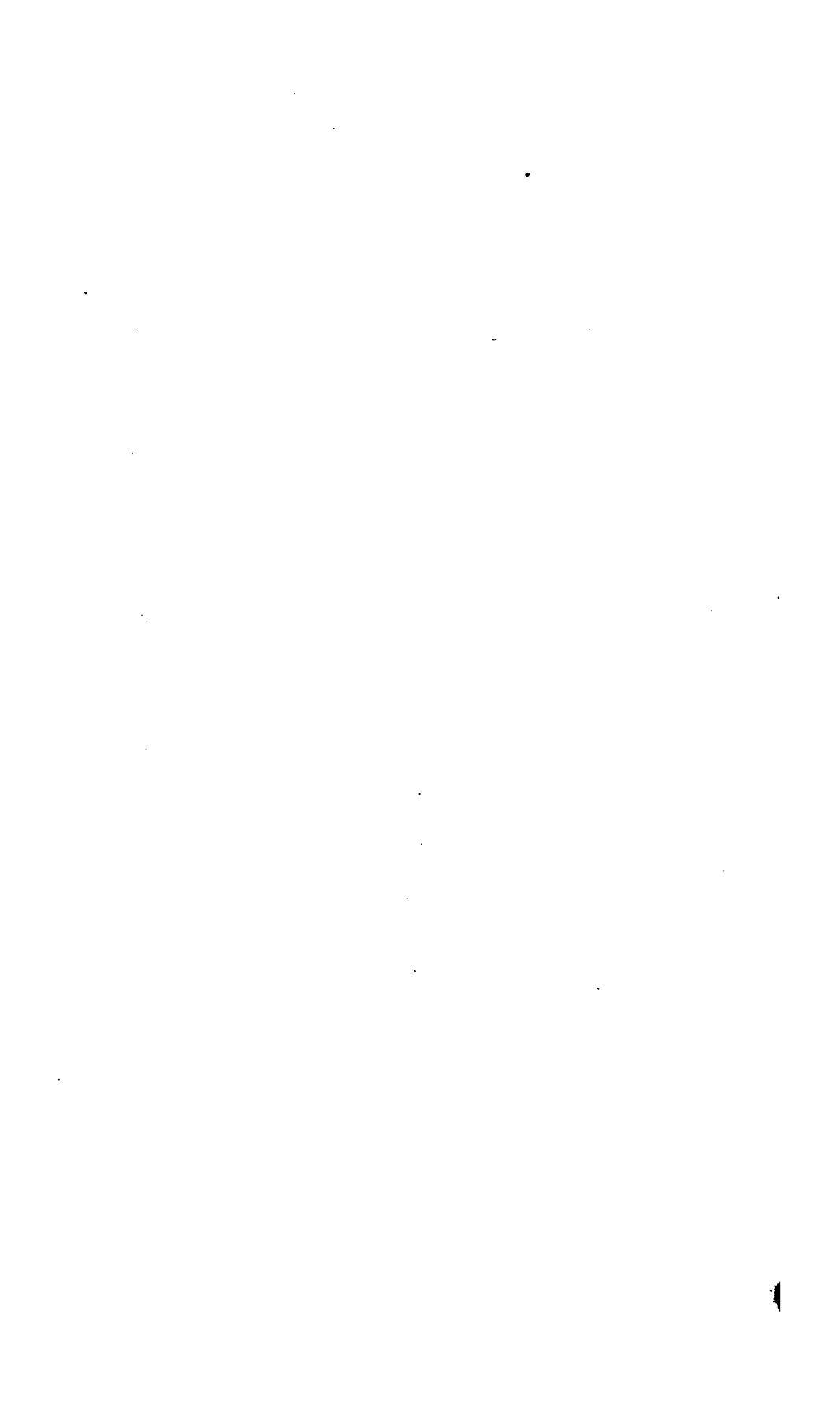
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